Vancouver metro

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Vancouver metro

Teen moms and dads master art of the lullaby
metroNEWS

Your essential daily news | WEEKEND, DECEMBER 23-25, 2016
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Metro's Holiday Wish to you

THIS NEWS IS GOOD

After a year that felt like the world was more divided than ever, we've chosen to fill this edition with stories that bring us all together.

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metro NEWS

Your essential daily news

Rosemary Westwood: You can find happiness in the time of Trump. **World**

This news is good

Cathrin Bradbury
Editor-in-Chief
Metro News Canada

We are about to commit journalistic heresy. Today all seven editions of Metro are publishing only positive news stories. We've gone so far as to call it the happy edition.

Before every journalist in the country starts to hurl rocks at us, let me explain.

Earlier this year I visited Detroit. Like everyone else, I'd heard a lot about the city's comeback — crime is down, investment is up, and the Detroit Pistons are relocating from their suburban headquarters to join the city core. It was great to see it up close: At night people poured out of packed bars to walk through the well-lit downtown — 40,000 new streetlights and counting.

Still, it's not nirvana, or anything like it. The city's violent crime rate remains the second worst in the U.S. The wrecking balls go non-stop, but they can't tear down the burnt-out husks of buildings just a block or two off the main drag fast enough to keep up with the city's new idea of itself.

The local press isn't keeping up either. The major TV and newspaper outlets lead with crime news every day, still covering Detroit in a way that marginalizes the very place they are reporting on. The people who stayed in Detroit, and the ones who are coming back, have an ambition for their city and the media doesn't seem to be listening.

As a news editor, I took a message from Detroit. I started to notice how media here does the same grim reporting on Canadian cities, and it takes a toll on us just as much as our readers.

Managing editor Angela Mullins, who runs Metro Toronto and oversees all seven Metros across Canada, refuses to watch the local television news with her wife anymore because it's "so bloody depressing." A young Metro reader, 23, told me recently that she had come to hate the TV and newspaper coverage of her city. "It's only bad news."

We've had plenty of bad news this year. Six weeks ago we worked into the night covering the U.S. election. To say that we were on edge at the office the next day doesn't quite cover it. If a cat had walked by we would have flung it out into the cold and rain. And we like pets here — just look at our covers.

Ira Lamjca, Metro's Canada, World and Business editor, was particularly affected.

The story of how Ira, 26, immigrated to Canada from Albania when she was 8 was so inspiring we're going to launch a whole series around it next year. Sneak peek: A message in a bottle from Newfoundland honeymooners that washed up on the shores of her village started her saga.

Ira's bountiful optimism opens up a room. So when she sat down at the news desk and started to cry over the election results, it was tough. "This is much harder on me than I thought it was going to be. I don't know anything anymore. I don't know if what I'm doing matters anymore."

I didn't have an answer for her then, but her loss of purpose made me think about something Marty Baron said when he came into Star Metro Media to talk about journalism. Baron is the executive editor of the Washington Post and the editor on whom last year's Oscar winner Spotlight was based. God, in other words, to newspaper editors everywhere. Baron said that when people talk about your "brand" what they are really talking about is the soul of a news organization, something he spends a lot of time thinking about.

I've thought a lot about our soul at Metro since the U.S. election. What I can say now to Ira on this wintry day before Christmas is that maybe bad news is a given in a naturally adversarial media. But it needn't be the only given. Hope is as true as despair. Even with this week's terrible news out of Berlin and Turkey, columnist Vicky Mochama, who like Ira immigrated to Canada as a child, when she was 5 from Kenya, offered readers a way forward, urging us to do more, much more, and make welcoming refugees a way of life here. "Twenty-five thousand Syrians is not enough," she writes.

In 2017, Metro, in its optimistic soul, is committed to share with our readers the best version of our cities, and when they don't live up to that version, to push for solutions until they do. We'll continue to use the Metro Effect to drive positive change — as we have on issues such as pedestrian safety and affordable rent. When we don't like what we see — racism on our streets or women shut out of city boards — we'll keep telling you that Metro Ain't Having It.

And finally, we invite you, our readers, to embrace everyday activism and fight to make your cities the best they can be. And then we want to hear about it, so we can tell *your* story.

Happy holidays from all of us at Metro.

SAFE AT LAST HAPPIER TIMES FOR ALEPPO'S TWEETING GIRL Bana Alabed, known as Aleppo's tweeting girl, was feared dead after she stopped sending messages from the warzone. The seven-year-old was evacuated on Monday and she and her family are now safe in Ankara, Turkey. Here she is with her mother Fatemah, her father Ghassan and her brothers Nour and Laith on Thursday. AFP/GETTY IMAGES

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Seafaring Santas provide holiday cheer

FOREIGN CREWS

Volunteers to distribute hundreds of care packages

Stuart Neatby
For Metro | Vancouver

Longshoremen and industry representatives will be lending some Christmas cheer to international crews aboard ships in the Vancouver harbour on Christmas Eve.

Volunteers with Mission to Seafarers, a not-for-profit organization focused on the welfare of seafarers, will be distributing hundreds of Christmas gifts and care packages to crew aboard ships docked in English Bay and the Inner Harbour of Victoria over the Christmas period. The care packages will contain a toque, socks, shampoo, toothbrush, toothpaste, chocolate and a Canadian souvenir.

> **"It's just a little something that makes them feel like they're at home."**
> Steve Hnatko

"Almost all the crew members are from overseas, everywhere from China, to India, to Bangladesh, to the Philippines," said Steve Hnatko, Spokesperson for Tymac, a launch and tug company based in Vancouver.

"They're almost always foreign crews. And they're usually away from their home for about nine months."

Mission to Seafarers has been providing support to international and domestic crews for more than 70 years in Vancouver. According to their website, they provide a chapel and lounge, as well as services like phone cards and Internet access to seafarers working far from home. The international organization has 11 offices worldwide, including two in the Lower Mainland.

"Those that can't be with their families, hopefully it's just a little something that makes them feel like they're sort of at home," said Hnatko.

Members of longshore unions and industry groups recently came together to offer gifts to stranded crew members of the Hanjin Scarlet, a vessel owned by the international shipping giant that is tied up in bankruptcy proceedings. The crew, from the Philippines and South Korea, have been awaiting word from Hanjin on when they will be allowed to return home.

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CROWD FUNDING

Partners buy transit passes for homeless

Matt Kieltyka
Metro | Vancouver

Cheryl Becir CONTRIBUTED

Goodwill is on the move this holiday season.

The Burnaby Hospital Foundation is in the midst of crowd funding $25,000 for one of its community partners to help buy transit passes for homeless people in the region.

The foundation's president, Cheryl Becir, says access to transit can have a huge impact on the health outcomes of people.

"We don't often think of folks who are homeless as needing to get around, but they need to get to medical appointments, they'll need to get to shelters when the temperature drops and they need to get to food banks for food security. So transportation really becomes one of those critical components," said Becir. "[Access to transit] removes one of those barriers to good health."

All the money raised between now and mid-January will go to the Society to End Homelessness in Burnaby, which is able to buy bulk transit passes for the homeless and those in need at a discounted rate through its partnership with TransLink.

"It's partnerships leveraging partnerships," Becir said. "One of the important factors is community partnerships for us, so that's why we've partnered with the Society to End Homelessness in Burnaby."

Donations can be made through the Burnaby Hospital Foundation's Caring Hearts Compass Cards Campaign online at bhfoundation.ca.

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Teen parents learn art of lullaby

MUSIC

Alternative program allows them to write their own

David P. Ball
Metro | Vancouver

On their last day of school before the holidays, Rena Nadeau and Jordan Baptiste held their 10-month-old son Kaesen as a piano played through a classroom stereo.

"Know your Dada loves you, know your Dada needs you," a singer's voice intoned soothingly, "and when evening's done you will see me and your Mom."

Baptiste, 17, wrote the lullaby to help get his son to sleep at night. But he said that he also hoped to change the way people see teen dads like him.

"I didn't want to drop out, and I wanted to kill the stereotype of the teen dad being unsuccessful," he said. "School is very important — I wish I had spent more time in high school."

Five of the eight students in the Vancouver School Board's alternative high school for teen parents — the Tupper Young Parents Program — wrote their own lyrics and melodies, as well as artist statements to their children.

The lullabies are the result of seven weeks of song-writing sessions brought to their classroom by Andrea Unrau, a faculty member at the Sarah McLachlan School of Music, which also donated a keyboard and stereo to the program.

Unrau, a psychology and neuroscience graduate whose honours thesis researched children's early musical development, told Metro she was "incredibly proud" of the five students who wrote lullabies, and recorded them.

"The Tupper Young Parents Program is this beautiful program where they integrate schooling with their regular day, and try to make it practical for the parents," she said. "I run a bunch of programs mostly working with parents to ease the often-stressful job of parenting with music.

"Music can help children eat food they don't want to eat, not fuss when having a bath or when it's time for bed. Babies, right from when they're born, love music and love hearing their moms sing. It doesn't matter if the mom even thinks she has a beautiful singing voice — the babies still love it."

For one of the Tupper program's teachers, Nassim Elbardouh, "The lullabies are stuck in my head! All of them are amazing."

Unrau spent one afternoon a week with the students exploring the basics of lyric and music composition, what makes a good lullaby, and hands-on work developing their own lullabies.

"They all wrote artists statements to their children," she said. "One girl really wanted to include her father's language, so she wrote her lullaby in both English and Spanish because she always wanted her daughter to be proud of that Spanish heritage."

For Kaesen's mom Nadeau, who came to Tupper Young Parents Program when she was still pregnant, it was the first time she'd ever written a song.

"I hope you have the best sleep tonight, it's time to rest your head good night," Nadeau's lullaby crooned. "Reach for the stars, I know you can, I'll keep you safe and sound at night."

Teen parents Jordan Baptiste and Rena Nadeau, both 17, hold their 10-month-old son Kaesen as they listen to lullabies they wrote. DAVID P. BALL/METRO

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Kind gesture for life-saving site

DONATION

Trailer offers shelter from cold, snow for volunteers

Jen St. Denis
Metro | Vancouver

Robin Macintosh volunteers at an overdose prevention site in a Downtown Eastside alley. JEN ST. DENIS/METRO

Amid Vancouver's overdose crisis, it's been open 12 hours a day, seven days a week, through the rain, snow and slush.

Now a volunteer-run overdose prevention tent in a Downtown Eastside alley will be able to provide a warmer, drier space thanks to a donation of a 10 by 40-foot trailer from EllisDon, a local construction company.

"It's a kind gesture," said Sarah Blyth, one of the organizers of the tent. "It's just a place that's warm and dry when people are out in the cold."

Volunteers like Robin Macintosh work shifts of four hours, although sometimes she works for eight hours at a time, "to keep my mind occupied."

In the time she's been working at the tent, Macintosh said she'd done over 100 injections of the overdose reversal drug naloxone (also known as Narcan) to overdose victims.

"They're not moving, they turn blue, some are actually dead — no pulse," she said."You inject them with Narcan and after a few minutes you watch them to see how they're reacting and give them another shot if they're not reacting."

The tent opened in September in response to the growing number of deaths from drug overdoses caused by the addition of the powerful synthetic opioid, fentanyl, to drugs like heroin and cocaine.

While the tent in the alley is not one of the official overdose prevention sites opened by health authorities in early December, it continues to operate.

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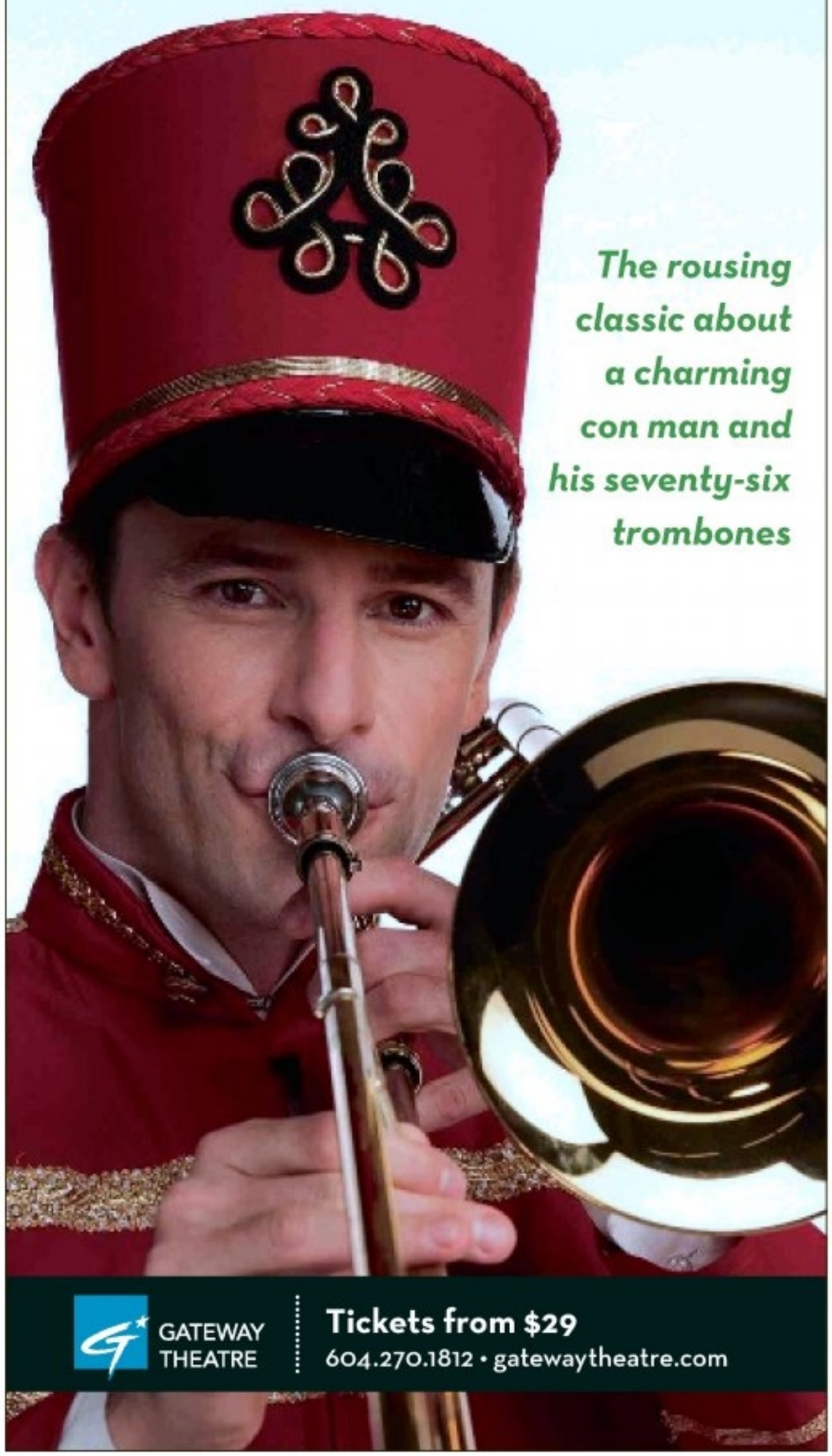

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CHARITY

bc211 soon to include rest of province

David P. Ball
Metro | Vancouver

"211, how can I help you?" Amanda Harrison said calmly into her headset. "Can I ask what city you're calling from?"

As a call-taker at bc211 — a Lower Mainland call centre for community, non-profit and social services — her two months' training included certification as a victim service worker, Harrison said she's learned more than she ever expected about services offered in B.C.

"It's such a huge range of services," she said, "so it's good the training's so in-depth because you finally feel competent to answer every kind of call.

According to the organization's executive director, Nathan Wright, call-takers connected 330,000 British Columbians with services.

The three most common types of call: housing and homelessness, followed by mental health and substance use, and domestic abuse. Other services include nearly 9,000 agencies dealing with everything from arts and recreation to newcomer settlement and employment.

In the first two weeks of December, bc211 received 2,943 calls. So far this year, bc211's fielded nearly 90,000 — more than a 50 per cent rise from last year.

"Many times people are calling us and need service right away," Wright said. "It could be somebody on the street when it's cold and they need shelter. We update the shelter list multiple times a day, so we can tell them, 'There's a bed available here.'"

The problem bc211's predecessor, Community Information Service, was created to address in 1953 hasn't changed. But technology has, and the renamed agency's adapted with it. Its "Red Book" directory went online 25 years ago, and its newest service — allowing younger generations to text 2-1-1 — is "really taking off," Wright said.

In bc211's downtown Vancouver office, Amanda Harrison answers incoming calls, texts and emails from people needing community, non-profit and government services and programs — set to expand next year from the Lower Mainland to all B.C.
DAVID P. BALL/METRO

The United Way-funded service is set to expand beyond the Lower Mainland to Vancouver Island this spring, and soon after to the entire province.

According to Louise Ghoussoub, her staff are ramping up over the holiday season when requests for help with substance use, financial problems, and domestic violence tend to spike, she said.

> **Rather than simply handing them off to somebody else, the idea is to ensure they get the service they need.**
> Nathan Wright

"It's a tough time of year for a lot of people," she said. "Many families get together and often alcohol is consumed, things happen, maybe people have spent money they don't necessarily have. There's always a fallout."

"We tend to pick that up in January and I can anticipate we'll have an influx of calls the first week after Christmas, too."

Harrison's phone rings mid-interview, and she spins in her chair, opens a computer window ready to input the caller's location and what they need, saying, "Just a minute please."

Claude Gobin is very dedicated to his paper route, said his daughter Jessica Tan. JESSICA TAN/CONTRIBUTED

SENIOR CITIZEN

Nothing stops this delivery

Paper routes are not as common as they once were but for one 84-year-old Fort Langley resident, it is a routine that brings him joy and purpose.

Every weekday, Claude Gobin picks up 100 Metro papers from the green box outside and begins his self-assigned paper route, delivering them to the nearby business owners.

"I like the exercise for one thing and people appreciate that I give them copies," he told Metro.

His granddaughter says it has been at least 10 years since he began the routine.

WAYNEE LI/METRO

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VANCOUVERING

A droid, given to my son a short time ago, that now sits on a shelf far, far away.
GRAEME MCRANOR/FOR METRO

As thrifty dads go, I'm a rogue one

THE BIG SQUEEZE

Graeme McRanor
For Metro

Last Christmas, son London's lengthy wish-list included a palm-sized Sphero BB-8 Star Wars droid boasting Bluetooth connectivity, voice interaction and holographic videos.

It also featured a $200 price tag.

"This isn't the droid you're looking for," I said to him at the time, waving my hand in front of his face like Obi Wan Kenobi.

Except it was. And I was torn. Disturb the financial force by forking out cash (read: credit card) for overpriced movie merch or land the starring role in our very own production of How The Grinch Stole Christmas.

Considering his mom and I live separately, the boy doesn't want for much. In effect, he gets two Christmases every year and is — at least until January — an only child.

Besides, I'd already spent significant funds on gifts and didn't want to shell out more.

So, like any responsible parent, I shifted responsibility squarely onto imaginary shoulders. "It's a bit pricey for Santa," I said.

Nevertheless, I bought BB-8 that Christmas Eve at the galaxy's most wretched hive of scum and villainy: Bed Bath & Beyond.

Wrapping it myself, I inexplicably wrote "from Santa" on the tag, even though that bearded, red-suited clown had nothing to do with it. Shouldn't parents at least get credit for the expensive stuff? Seriously, who needs better PR? The guy who purportedly delivers gifts to all the kids in the world in one night using a flying, reindeer-powered sleigh or the guy who was 15 minutes late for his son's school concert?

No matter. All was well Christmas morning. And I insisted he open it last. When he did, he was ecstatic, playing with it for two solid hours.

Later, he stopped me on the stairs: "Daddy, tell me the truth. Did Santa get me BB-8 or did you?"

"I did."

He hugged me tight. "I love you, Daddy."

It was a Christmas miracle.

And, for the record, he never played with that damned droid again.

Enter the movement movement

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

A man lifts a heavy rock with a graceful sweep, balances gently on a seashore log, then dips fluidly into a low squat. He is part of the primal movement community, an emerging trend in health-conscious Vancouver.

Movement culture focuses on gaining a deeper understanding of the human body in terms of performance and overall health. The goal is to make lasting changes through mindful movements.

Using body weight, suspension training, and kettle bells as tools, primal movement activities tend to be floor-based. They also use a large range of motion, including "jumping, squatting, tumbling, and carrying things," said Aaron de Jong, owner and founder of Movement108, a local movement-based strength-training studio.

De Jong noted that "if we focus on the daily tasks we perform, we are already living in movement: getting out of bed in the morning is a lunge, picking up your kid is a dead lift."

For local scientist and avid primal movement practitioner Sam Goodchild, movement culture is an extension of his interest in paleo lifestyle, an evolutionary approach to nutrition and exercise. Suffering from chronic joint issues, movement therapy has helped him "get back to basics." A mindful way of "exploring movement patterns, it helps us discover the truth about the nature of our bodies and minds, " he said.

Goodchild noted fitness is evolving since most people fail in the traditional model. His favourite place to train is outside, using trees and rocks, and balancing on logs." Goodchild has noted improved joint health, less pain, and more strength.

Around Vancouver, Movement Studio Pilates offers Pilates and movement education. Distrikt Movement aims to "cultivate a community of people connected through movement." Moving Spirit hosts integrated movement and Pilates programs, and Pur Movement offers dance, Power Plate training and specialty therapies. Movement108 offers their first class free at the studio, and is launching the MOVR app Jan. 17.

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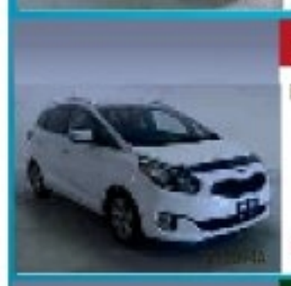

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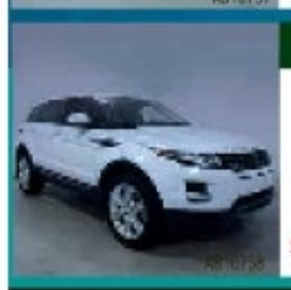

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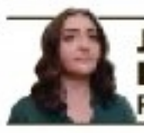
Ready to Make it Merry nationwide

SEASON'S GREETINGS

Campaign gives Christmas cards to the homeless



Josie Lukey
For Metro | Calgary

Barb Marshall is the creator of Make it Merry, a campaign where people are invited to handwrite Christmas cards for the homeless. JENNIFER FRIESEN/FOR METRO

It's Barb Marshall's favourite time of year.

No, it's not exactly celebrating Christmas; it's delivering more than 2,500 handwritten Christmas cards to Calgary's homeless.

As creator of Make It Merry, a campaign in which individuals are invited to handwrite Christmas cards for delivery to three Calgary homeless shelters, Marshall said the generosity of Calgarians and individuals from across the globe is why the campaign exceeded its original goal of 2,100 cards.

"It's crazy — crazy in a good way, of course, but amazing," said Marshall. "We've had cards come as far as Korea, Turkey, several from the U.S. and all across Canada." Now, Marshall said she's calling up other agencies in the city to see if she can give them cards.

Last year, the organization only had a goal of 80 cards; they ended up receiving more than 1,200. Next year, Marshall said, she wants to go nationwide with Make It Merry, hoping to set up pilot projects in cities with homeless populations.

"The beauty of Make It Merry is that it's not only completely meaningful to give a handwritten Christmas card, but it's practically very feasible for anybody of any age. It's the cost of a stamp, if that," said Marshall.

Marshall said the campaign breaks down stereotypes and builds relationships between two strangers.

GOOD NEWS DIGEST

Positive stories from around the nation

Spreading cheer on the GO

He may not exactly be Santa. But one Ontario GO train worker has made a name for himself — simply by adding a cheerful tone to his work.

Meet Gord Plumridge, the customer-service ambassador who's taken to remixing well-known carols and bringing an extra dose of holiday spirit to riders. The very first song he created is a spoof of Let It Snow.

It goes like this:

When the weather outside is frightful, the train runs so delightful, when snow really starts to blow, take the Go, take the Go, take the Go. When the weather outside is crazy, and you're feeling kind of lazy, whether shopping or going to the show, take the Go, take the Go, take the Go.

GILBERT NGABO/METRO TORONTO

Roger Steele has been driving Edmonton buses for 35 years, helping those in need with a cup of java. KEVIN TUONG/FOR METRO

Bus driver's good deeds don't go unnoticed

Edmonton Transit bus driver Roger Steele began to cry after reading the first line of a Christmas card he received from a mother of a young commuter.

"My son has mentioned you're so awesome and have been picking up the kids walking to school in the extremely cold temperatures," the card read. "Your kindness has not gone unnoticed ... Merry Christmas!"

Earlier in December, while driving the No. 10, 11 and 162, Steele supplied transit customers with hot Tim Hortons coffees and doughnuts. The temperature was -20 C, and he was celebrating his 35-year anniversary as a driver. "It doesn't cost much," he said.

JEREMY SIMES/METRO EDMONTON

Halifax wishes a Merry Christmas to Jeanette

The hand-written note on the beautiful purple orchids said it all.

"Merry Christmas Jeanette, from someone who cares."

The story of an 85-year-old Halifax woman being punched and dragged from her home Tuesday night angered many in Halifax and moved some to want to help.

Metro received several requests from people wanting to send gifts and flowers to Jeanette MacDonald. Metro asked those wanting to deliver a thoughtful gesture to drop it off to us Thursday morning and we'd take it to her. MacDonald was very appreciative. PHILIP CROUCHER/METRO HALIFAX

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Battle for Aleppo ends

The Syrian government took full control of Aleppo on Thursday for the first time in four years after the last opposition fighters and civilians were bused out of war-ravaged eastern districts.

The evacuations ended a brutal chapter in Syria's nearly six-year civil war, allowing President Bashar Assad to regain full authority over the country's largest city and former commercial powerhouse. It marked his most significant victory since an uprising against his family's four-decade rule began in 2011.

Syrian rebel fighters are evacuated from Aleppo towards rebel-held territory on Thursday. AFP/GETTY IMAGES

The announcement was made via an army statement broadcast on Syrian state TV shortly after the last four buses carrying fighters left through the Ramousseh crossing.

"Thanks to the blood of our heroic martyrs, the heroic deeds and sacrifices of our armed forces and the allied forces, and the steadfastness of our people, the General Command of the Army and the Armed Forces announces the return of security and stability to Aleppo," an army general said in the statement.

But for Syria's opposition, it was a defeat that signalled the start of a new struggle to forge a way forward.

THE ASSOCIATED PRESS

Finding happiness in the time of Trump

Despite the real and metaphorical darkness, you can find joy in lovers, friends, neighbours, strangers and more

ROSEMARY WESTWOOD
From the U.S.

You can't say there wasn't magic, of a kind, in 2016.

Despite no applicable experience, a legacy of bankruptcy, ignorance and even hostility towards the U.S. constitution, a campaign built on lies and ego, and uttering the word "pussy," Donald Trump will be the next U.S. president.

If he's sniffing anything, it's pixie dust. But his powers, let's call them, have their limits.

Despite so-called post-Trump disorder, it's not the case that Trump can drain the entire country of joy. Despite the real and metaphorical darkness of the hour, you can, in fact, be happy in America.

It's perhaps easiest in a city like New Orleans, where a convivial outlook is practically required. Nothing stops les bon temps from rolling.

And it's not because the city has a whole lot to celebrate, from certain perspectives. To name just a few: Thirty-nine per cent of children here live in poverty. New Orleans had double the homicide rate of similar U.S. cities in 2015. The gap in prosperity between black and white residents has widened by 37 per cent since Hurricane Katrina hit in 2005.

A Christmas-themed campaign sign during a rally with President-elect Donald Trump and Vice President-elect Mike Pence, in Orlando, Fla. on Dec. 16. AFP/GETTY IMAGES

But perhaps that's part of it. Perhaps the reality of many lives here requires more joy, demands that you dance down the street on Sunday, rain or shine, in a second line parade.

I see the lesson this way: Why not do what you can, everything you can, to love this life?

It's not the same thing as denial. Not at all. I'm a true Trump skeptic, a newly minted acolyte of journalist Masha Gessen and her argument that Trump's rule will be an autocracy, someone who believes Trump stands to worsen every single aspect of American public life his government touches, never mind the danger he poses internationally. I'm someone genuinely fearful for press freedom, equal rights, and the legislative free-for-all about to descend on the 32 Republican-controlled states.

But simply hating Trump and all that he stands for will do little to improve the chances of 2017.

It's emotionally alluring political retail therapy, and utterly useless. Considering these purely bleak times is just another failure of imagination, and we've had quite enough of that for one year. It's also an insult to all people who have and are suffering, and yet cultivate pleasure in life.

In New Orleans, the first and best source of happiness is one another, lovers, friends, neighbours, strangers, meaningful relationships of any shape built on decency, kindness, and caring. Bask in them. Snuggle them like an anti-Trump security blanket. Say "I love you" an obscene amount of times, if that's your thing (yes, it's my thing).

The second best source of happiness, which New Orleans also has no shortage of, is meaningful work. Not necessarily your job, though it could be that. But something you do, some way you contribute to your community or country or world.

Trump's election has sparked a wave of left-wing activist sentiment and unprecedented support for institutions like Planned Parenthood and the New York Times. It's reminded us that progress is earned. That every right we enjoy was fought and paid for. And that we need to work together.

I'll take my cue, in part, from Samantha Bee, who has been matching bulls— with belly laughs all year, and who recently sat down with, of all people, Glenn Beck.

"It's all of us, against Trumpism," she implored.

"I agree," Beck said. "We tear each other apart and we don't see the human on the other side."

And then they held hands — all four of them.

That, my friends, is magic, too.

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URBAN ETIQUETTE ELLEN VANSTONE

THE RULES: HOLIDAY MEALS

In these troubled times, it's only polite to fight the good fight at your next festive family dinner — as long as you keep it clean.

It's been a crazy year, with the election in the U.S. and an upsurge of extremist declamations in Canada dividing many of us along class, race, economic and gender lines.

In spite of these differences, however, I believe in my heart of hearts that most of us, wherever we stand on the issues, ultimately want to come together. Granted, this will require a heroic amount of listening, humility and empathy, and I'll be the first to admit that those qualities don't always come easy.

Further complicating things is that proper etiquette doesn't always mean keeping your mouth shut.

It's all well and fine to smooth things over at a holiday dinner when someone spills gravy or passes gas during the meal. But the truly well-mannered person will never stay silent when others promote false or hateful ideas in public or private.

This doesn't mean you get to yell and scream, or throw punches, or deliberately spill the gravy over a disagreeable relative's head.

It does mean you have a moral imperative to speak up and address problematic statements if they arise. For example, it's perfectly polite to say things like:

"Those numbers are false."

"That story is false."

"That statement is homophobic/sexist/racist."

"That kind of language is unacceptable."

"We listened to you express your views, and I'd ask that you now listen to me/him/her with the same courtesy."

At this point, the argument will take one of two paths. The first possibility is that one of the arguers will prove themselves to be incapable of mutually respectful discourse and dissolve into a toxic puddle of insults and wilful ignorance. So be it. Once you have fulfilled the moral imperative of calling them out on blatant falsehoods and un-Canadian slurs against marginalized groups, there's no point in further engagement. You may withdraw from the ring, and even walk away from the table if they keep punching below the belt.

Now, you might ask: why bother calling them out at all, if you know they're going to react this way? Obviously, such a dirty fighter will never change their game. But it's important to make them aware their position isn't inviolable. If everyone is silent when people tell lies and sling slurs, it reinforces the idea all round that such behaviour is acceptable.

Ideally, the dinner-table fracas will take the second path: a fair fight where all parties are willing to listen to one another, and maybe even willing to keep an open mind about their own position.

In this case, you might want to say something like: "I'm genuinely curious about where your views come from, and why you believe the things you're saying. What is it you're most worried about, or afraid of?" You should also consider your own answer to this question.

By the time it's all over, assuming everyone is still at the table, no one is in tears and there's more food inside all of you than on the walls, you might want to indulge in a little speechifying.

We are so lucky in Canada. Most of us live with such privilege — we're safe from war, hunger, poverty. We have health care and a social safety net. Sure, we have problems, like any other society. But overall we're justifiably envied by the rest of the world for our tolerance of others, our good manners, our beautiful country and our peaceful, well-ordered, proudly multicultural communities.

We've achieved more here than any other civilization in history, but it's fragile. To preserve everything that's precious, we need to find a way to work together, to allay the fears, to stop anyone from feeling marginalized or exploited or unheard.

The fact is, we have so much more in common than the prejudices that divide us.

Happy holidays, from everyone at Metro.

Need advice?
Email Ellen:
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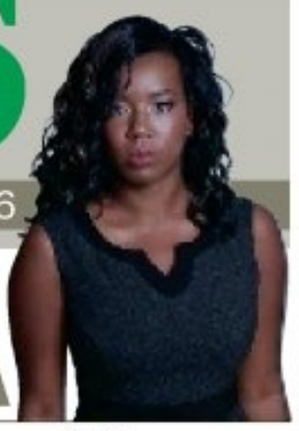
VICKY MOCHAMA



A Christmas tradition like no other: Catharsis by jigsaw puzzle

My father doesn't ask his family for much.

He really likes 1,000-piece puzzles, and each year we gather around to help. Instead of presents, we give each other tiny pieces of stress that "look like the corner of that air balloon or maybe that one instead."

This quaint family Christmas scene is actually a seething mess of emotions. It's not Christmas until someone has accused my mother of sabotaging the family by moving the puzzle. And it's not confined to our family. If you walk through our house at any point during the holidays, you will get dragged into the Puzzle Problem. The cost of a free meal and good company at Casa Mochama is at least one hour bent over a puzzle.

My father, a statistician, isn't excited by much — besides his kids (50 per cent of us, 50 per cent of the time) and complex math jokes (see above). He is so ecstatic over this year's puzzle that he sent a warning text. When I ask one of my sisters how she feels her reply is "Noooooo!"

"Because last year Tyler and I couldn't get to sleep because we had to keep going." Last Christmas, she and Tyler were engaged. Puzzle vortex aside, he still said, "I do."

"Puzzles will ruin my marriage," my sister complains.

This clearly isn't my dad's gambit at family unity. Even if you wake up early when all through the house not a person is stirring, you'd better assemble a corner or you risk being kicked out of the house. Once you're conscripted to serve in the Puzzle Platoon, there is no escape. When it comes to puzzle completion, my father is a drill sergeant.

Yet the whole miserable slog is kind of useful.

Instead of a manufactured atmosphere of joy (unless your family are opera singers, no one enjoys carolling together), it is much healthier to go through the stages of grief with family and friends.

We start with the denial that we're going to get caught up in it. Not this year, man, not me. I'm here to read books and eat my weight in stuffing. Soon after, anger descends: In different and unprintable ways, almost everyone expresses that "this is a really stupid idea."

Next, bargaining. If only we'd picked the 500-piece puzzle about a farm, we could eat dinner before midnight. Then depression sets in: Life itself is a puzzle with an infinite number of pieces and, thus, nothing can be solved. The wine comes out.

Finally, acceptance. It is only a puzzle, not the end of the world. But if the apocalypse is nigh, what better group of people to be toiling over a puzzle with?

A puzzle might one day break our family apart, but we're emotionally ready for it.

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metro WEEKEND
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MOVIES MUSIC TELEVISION DIGITAL

Snow business like show business

IN FOCUS

In Hollywood, you really do have to fake it to make it

Richard Crouse
For Metro Canada

Snowing in the south of France in May? Hollywood can make it happen. Actors Jim Carrey, Robin Wright Penn and Colin Firth frolic in flurries of fake snow bought in for the Cannes Film Festival premiere of A Christmas Carol in 2009. GETTY IMAGES FILE

On a film set the
weather is frightful;
But on screen
it's so delightful;
And since snow
in July is a no go;
Let it fake snow! Let it fake snow!
Let it fake snow!

Are those beads of sweat on Santa's brow? It just might be. Movies set at and released during the Christmas season are usually shot when most people are wearing bathing suits, not parkas. So how do you make it look a lot like Christmas? Fake snow — i.e. cellulose flakes, snow sheets, snow blankets, acrylic icicles — and lots of it. Here's a look at how Hollywood creates sleigh ride in summer.

1. Snow Business Hollywood, a leader in providing fake snow for film production, says they have 168 products used to create screen snow. What's the advantage to filmmakers of using artificial snow on a film set? "You can control it," says owner Roland Hathaway. "Also, you're never dealing with the cold weather."

2. To create the sound of swirling snow heard on Hoth in The Empire Strikes Back, Foley Artists recorded surf sounds and tinkered with the sound by raising and lowering the volume. The Empire Strikes Back was shot at Elstree Studios, Borehamwood, Hertfordshire, England, the same film studio where The Shining was made. As a result, much of the fake snow used for Kubrick's film was also used for the Hoth scenes.

3. Asbestos was often used as fake snow in Hollywood in the 1930s and 40s. The White Christmas sequence in Holiday Inn — showing Bing Crosby singing the classic tune amid the falling snow — exposed the cast and crew to asbestos fiber.

4. The "snowy" maze near the conclusion of The Shining consisted of 900 tons of salt and crushed Styrofoam.

5. Fake snow was also used during the uncharacteristically snowless Denver shoot for Die Hard 2. Huge air fans had to be brought in to replicate snowstorm conditions.

6. Fake snow is obvious in The Santa Clause when a SWAT officer slips and falls on a set of steps, causing the snow to warp. It's obviously a snow blanket and not snowflakes, either real or fake.

7. It's a Wonderful Life was shot in the sweltering heat of a Los Angeles summer in 1946, necessitating the need for fake snow. Instead of using cornflakes painted white — which was loud when stepped on — director Frank Capra and RKO studio's head of special effects Russel Sherman invented a quiet — and sprayable — version by mixing foamite with sugar, water and soap flakes to create the winter wonderland of Bedford Falls.

8. The usually snowy Minneapolis/St. Paul International Airport was chosen as the location for the field and terminal scenes in Airport but the film's producers had to use bleached sawdust as a supplement, to make up for the lack of falling snow, until a snowstorm hit the Twin Cities area during the production of the film.

9. A "beginner" model movie snow machine will set you back about $1,584.02.

10. To create blowing snow for a scene, throw laundry soap flakes or instant potato flakes in front of a powerful fan. Be warned! Soap flakes can make the set slippery. To make a snowy ground, mix 1 1/3 cups of liquid starch, 4 cups of laundry soap flakes and several drops of blue food colouring. To add a sparkling effect, add glitter.

MOVIE RATINGS by Richard Crouse

Passengers	★★
Sing	★★★
Assassin's Creed	★★★
La La Land	★★★★
Fences	★★★★
Why Him?	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

NOW PLAYING Check theatre directories for locations and showtimes

Stone's risks paying off in Oscar buzz

FILM

Evolving actress stars in big-screen musical

Steve Gow
For Metro Canada

La La Land may present a fantasized version of Hollywood, but the big-screen musical isn't that far-fetched to star Emma Stone.

After all, having moved to Tinseltown when she was just a teenager, Stone's own rise in movies mirrors that of her character in the rom-com about an aspiring actress and a jazz musician.

"I think I was into risks more than I thought," related Stone to the character. "Moving at 15 to L.A., it didn't feel risky at the time; it felt like this is the only option."

Since those naïve days, Stone has succeeded to become a star with such hits as The Help and 2014's Birdman (which earned her an Oscar nomination). She may have survived the oppressive auditions that marked her struggle in showbiz (many that are fictionalized in La La Land), but Stone has learned much from those early gambles.

"Taking risks has become much more interesting as I've grown older," said Stone, explaining that she no longer defines career success through popularity and instead considers projects in how she'll evolve. "The only time I've ever felt like I grew was from something really risky I didn't think I could do, or from failure. When things go swimmingly or you do something you know you can do, it doesn't really teach you all that much."

With La La Land, Stone's only familiarity was with co-star Ryan Gosling (having worked with him twice before), but the idea of taking on filmmaker Damien Chazelle's epic musical presented a new challenge.

"He was so patient and talked me through the whole thing," laughed Stone of her anxious introduction to the movie. "It was exciting from the very beginning — the idea of an original musical that takes place in modern day but feels like an old MGM Cinemascope (blockbuster)."

The risk has certainly paid off. Not only is the movie gaining Oscar buzz, but Stone took the top prize at the Venice Film Festival this year — a perk that's surely a big reward for her risk.

Emma Stone says director Damien Chazelle, below right, talked her through difficult scenes.
CONTRIBUTED

DANCE DANCE EVOLUTION

Ryan Gosling learned to play piano and dance in more classical styles than those of his days on The Mickey Mouse Club.

Creating show-stopping numbers for Ryan Gosling and Emma Stone in La La Land wasn't choreographer Mandy Moore's only role in the dreamy musical. She also spent months personally teaching the stars how to dance.

THE ASSOCIATED PRESS

Secrets behind dazzling dances of La La Land film

ROUTINES

Choreographer says months of training went into moves

Choreographer Mandy Moore was lying under a car on the hot pavement while more than 100 dancers above her twirled through gridlocked LA freeway traffic during the opening number of La La Land.

The sequence was months in the making — the most complicated ever undertaken by Moore, who's been creating routines for TV's Dancing With the Stars and So You Think You Can Dance for years.

"I'm going to call it hashtag panic attack," the Emmy-nominated choreographer said of the freeway routine, which required dozens of cars, several stuntmen, 30 professional dancers and more than 100 extras to have perfect timing during long takes.

She had to be close enough to call out cues but couldn't be seen on camera, so she hid under a car, watching on a wireless monitor. She could feel the magic from there when they got the shot.

"I still get goose bumps when I think about it," she said.

Creating that show-stopping (or starting) number and the celestial routines Ryan Gosling and Emma Stone perform in La La Land wasn't Moore's only role in the dreamy musical. She also spent months personally teaching the stars to dance.

A tribute to Old Hollywood and modern Los Angeles, the film is a love story set to original music, with Stone and Gosling dancing together throughout.

Each started with individual lessons at a small studio in Burbank, California — not far from the restaurant where their characters, Mia and Sebastian, first meet onscreen. Moore began with the same basics she would for any new student: connecting movement to music and repeating classic jazz, tap and waltz patterns. Along the way, she worked to build "a general love of dance" in the actors.

Stone picked up the footwork first, Moore said, then focused on style and delivery. Gosling was the opposite.

"With Ryan, he was like, 'I don't know what step you're doing, but if you give me the style...'" she said.

"Her job is to kind of see the diamond in the rough," Gosling said, calling his teacher "a wonderful person and choreographer."

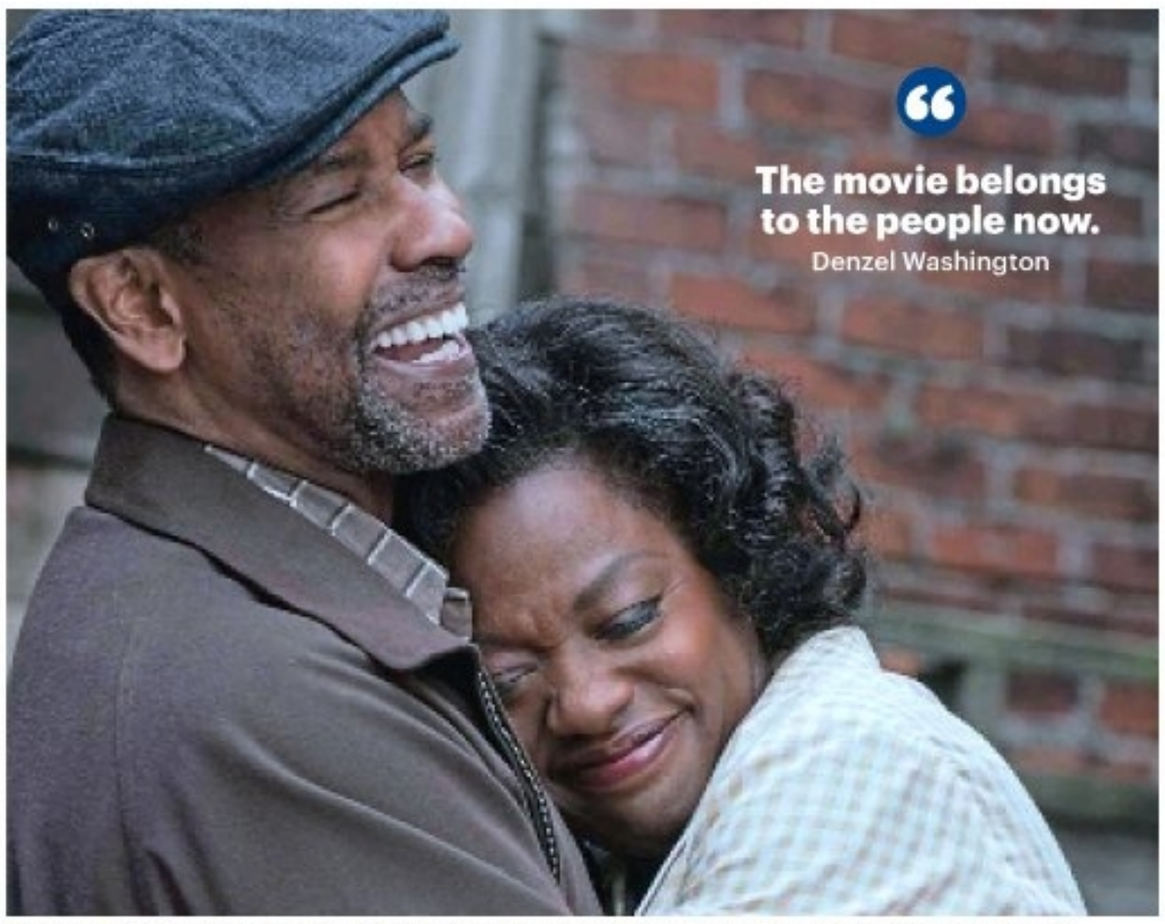
"She's very confident she can get it out of you if you'll stick with her."

Once they got the basics down, Moore put the stars together and taught them Mia and Sebastian's moves,

For La La Land writer-director Damien Chazelle, the most important thing about the choreography was that it be "as much about character as about bodies moving."

THE ASSOCIATED PRESS

Director of Fences can breathe easy



Denzel Washington and Viola Davis reunite in the film adaptation of Fences, opening on Christmas Day. They both won Tonys in 2010 for playing the same characters in the August Wilson play, which examines race relations in 1950s Pittsburgh. THE ASSOCIATED PRESS

INTERVIEW

Tough calls made in play's first big screen adaption

Denzel Washington is feeling pretty good at the moment. It's mid-December in Los Angeles, Washington is a few weeks shy of his 62nd birthday, and the Screen Actors Guild has just recognized his adaptation of the August Wilson play Fences for its ensemble cast. He's also finally getting feedback from audiences as the film trickles out to theatres before opening wide on Christmas Day.

The ease around it is relatively new. He knew he had the goods, of course. Fences, Wilson's 1983 play about an African American family in 1950s Pittsburgh, had already won the Pulitzer Prize, Tony Awards for the original Broadway cast, and another batch of Tonys for Washington and Viola Davis in their 2010 revival. But, it would also be the first big screen adaptation of a Wilson play, and only Washington's third time behind the camera.

"Going into the film, that's when there was pressure. It was like, 'That all worked, everything worked. Don't mess it up!"' says Washington. "My concern was, first, August Wilson and, second, my actors. And the Screen Actors Guild said, 'We recognize that.' So I was happy. I've kind of relaxed a little bit. And there's nothing you can do about it anyway! The movie belongs to the people now."

The few critiques that have been lobbed at the film about Troy Maxson (Washington), his wife Rose (Davis) and their family have zeroed in on that old idea that when you bring a play to the big screen, the director should "open it up" and disguise its essential play-ness. Washington hates that as criticism of his adaptation, and he gets especially animated about it.

Washington's choices to represent Wilson's material were more subtle and informed by the story and what he calls the music of the rapid-fire dialogue. In some instances, he does take it beyond the backyard where the play is set. But all those suggestions, he says, were right there in the screenplay — which Wilson wrote the bulk of before he died in 2005.

"A movie is like a home with all the different rooms. But if you overdo each room too much, it's not pleasant," Washington says.

The most difficult decisions he made during filming and editing were which actors to shoot and when. To visualize things better, Washington, recalling Sidney Lumet's advice, staged a two-week rehearsal.

For the really tough calls, Washington says he would consult the spirit of Wilson in his sleep. Wilson's intent was always top of mind. THE ASSOCIATED PRESS

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Magic of Rapa Nui

The striking statues found all over Rapa Nui — better known as Easter Island to westerners — are nine metres high, weigh 14 tons, and are shrouded in mystery. AURÉLIE RESCH/FOR METRO; ISTOCK

PACIFIC

Easter Island's statues hold key to its secrets

Aurélie Resch
For Metro Canada

I am four. I stare unblinkingly at the candle I just made with my mother. It is an impressive, stern face with a long nose and a big forehead.

"These statues can be found on Easter Island, far away from here in the middle of the Pacific Ocean," my mother tells me. I never lit the candle. I stared at it. For a long, long time.

Forty years later, I gaze at the Moaïs lying down on the grass.

I'm in the "Pacific's navel" on a tiny island located 3,700 kilometres from Chile and 4,000 km from Tahiti — Rapa Nui for natives, Easter Island for westerners, and best known for its monolithic sculptures that first appeared here between the years 1,250 to 1,500.

Tavi, my guide at Explora and a native from the island, takes me on hikes every day to meet these impressive statues.

"Rapa Nui is all about mystery and legends," he says.

He explains that the nine-metre high heads (weighing some 14 tons) were sculpted out of the volcanic rock from the Rano Raraku volcano we just climbed. They were moved to villages and erected turning their back on the ocean. Moaïs represented the souls of brave warriors, looking after their family and their people.

"The ones lying down the ground fell during the transport. They couldn't be erected," Tavi says. "They needed to be perfect for that."

I look at the abandoned, expressionless faces and I somehow feel sad. They never made it.

Tavi tells me about the birdmen legend. Natives used to dive from a little rock we can see in a distance. They swam and fought with sharks before they reached the little rock where sacred birds laid their eggs. They would bring one back up the cliff to the Make-make god and then be appointed chief of their tribe.

I didn't dive from the cliff into the ocean, but I did swim with sea turtles, who appear on hieroglyphs scattered on the island.

They seem to swim to the shore where the sentinels are keeping the island's secrets.

IF YOU GO

Getting there
Copa Airlines takes you from Canada to Chile via Panama. Latam takes you from Santiago, Chile to Rapa Nui.

Where to stay
Explora Rapa Nui is a luxury ecolodge nested in the land. Explora offers many excursions through the islands conducted by native knowledgeable guides.

metro SPORTS

The Panthers' Jaromir Jagr took sole possession of second place on the NHL's career points list, reaching No. 1,888 in a 3-1 loss in Boston

Canada looks to set pace with its speed and grit

WORLD JUNIORS

Hosts have not allowed a goal in first two exhibition tilts

16

The number of times Canada has won the event since its inception in 1977.

Playing on home ice with a team built for speed and tenacity could be a winning combination for Canada at the world junior hockey championship.

While Canada is missing teenage stars like Connor McDavid and Mitch Marner, who have already graduated to the National Hockey League, their closest rivals will also be without top talent at the tournament, which runs from Monday to Jan. 5 in Toronto and Montreal.

Coach Dominique Ducharme brings a team four lines deep in scoring ability with a decent defence and what they expect will be better goaltending with Carter Hart and Connor Ingram than the Canadian side that was eliminated by Finland in the quarter-finals of last year's world juniors in Helsinki.

Canada has five players back from that team: forwards Dylan Strome, Julien Gauthier, Mitchell Stephens and Mathew Barzal and defenceman Thomas Chabot. Forwards like Quebec league goals leader Mathieu Joseph, 2016 third-overall draft NHL pick Pierre-Luc Dubois, Ontario Hockey League scoring ace Taylor Raddysh and University of North Dakota digger Tyson Jost should give them four lines that can provide offence.

"Our pace and our skill and how hard we work, we put those three things together and it really works well," Jost said this week. "We're also a tight group off the ice and that benefits us on the ice.

"One thing you really need in a short competition is for everyone to be close off the ice. You can see that in our dressing room."

Canada will be the favourite on the NHL-sized rinks at home, where it won two years ago when the event was also held in Toronto and Montreal. It was the only medal Canada has won in the last four world juniors, with the other three played on international-size ice in Europe.

The United States, learning that scoring ace and Vancouver Canucks prospect Brock Boeser will sit out with a wrist injury, should also be in the hunt along with Finland, Russia and Sweden.

Besides McDavid and Marner, Canadians who are eligible but weren't loaned for the tournament include defenceman Jakob Chychrun and forwards Travis Konecny, Anthony Beauvillier and Lawson Crouse.

The Americans are also missing Auston Matthews, Matt Tkachuk, Zach Werenski and Noah Hanifin, while Finland is without the top three scorers from last year's tournament — Patrik Laine, Jesse Puljujarvi and Sebastian Aho.

Even some top draft-eligible prospects like Canada's Nolan Patrick and American Casey Mittelstadt are out with injuries, but there are other 17-year-olds expected to go high in the 2017 draft to watch, such as Nico Hischier of Switzerland, Czech forward Martin Necas, Sweden's Elias Pettersson and nine young Finns including Eeli Tolvanen, Miro Heiskanen, Juuso Valimaki and Urho Vaakanainen.

There is also 16-year-old Swedish defenceman Rasmus Dahlin, who some see as the first overall draft pick in 2018.

THE CANADIAN PRESS

Canada's Taylor Raddysh scores against Finland goaltender Veini Vehvilainen during exhibition action in Montreal on Monday. Canada won 5-0 and followed that up with another 5-0 win over the Czech Republic on Wednesday. GRAHAM HUGHES/THE CANADIAN PRESS

> **We're coming together ... The chemistry's building and that's a good thing for this tournament.**
> Canada captain Dylan Strome

IN BRIEF

Reports: Encarnacion finds new home in Cleveland

Free-agent slugger Edwin Encarnacion has reportedly signed with the Cleveland Indians.

Multiple reports Thursday night said the deal was for a guaranteed $65 million US over three years.

Encarnacion hit .263 last season with 42 home runs and 127 RBIs with the Toronto Blue Jays. It was the fifth straight year that the first baseman/designated hitter had cleared the 30-homer plateau.

THE CANADIAN PRESS

Jones to return to Falcons lineup against Panthers

Atlanta Falcons coach Dan Quinn says star wide receiver Julio Jones will play Saturday at Carolina after missing two games with a toe sprain.

Jones' return was expected after he ran full speed at Wednesday's practice.

Jones still leads the NFL with 1,253 yards receiving.

THE ASSOCIATED PRESS

Thompson wins ski cross World Cup tour

Marielle Thompson ended up as the overall winner of the Audi FIS Ski Cross World Cup Cross Alps Tour after a fourth-place finish in the final race of the series on Thursday.

The native of Whistler, B.C., won three of the tour's six races.

THE CANADIAN PRESS

OLYMPICS

Canada to review funding 'to achieve even better results'

Penny Oleksiak led the Canadian charge in Brazil this past summer by winning four medals. GETTY IMAGES

Canada proved in 2016 it could compete with the world's top summer sport countries, equalling its best showing at a non-boycotted Summer Olympics with 22 medals at the Rio Games.

Four gold was the most for Canada at a Summer Olympics since the country won seven in 1992, and after falling short of the goal of a top-12 finish in the overall medal count in both 2008 and 2012, Canada finally cracked the top 10 in Brazil (10th).

Despite the success, the system that helped put Canadians on the podium is under scrutiny.

Canadian taxpayers are the largest investor in their high performance athletes to the tune of almost $200 million annually.

Own The Podium makes funding recommendations directing $70 million — about $6 million of it comes from the Canadian Olympic Committee — to sport federations whose athletes demonstrate medal potential.

The strategy is called "targeted excellence" and is defined as identifying "a subset of athletes and/or teams that have a high probability of attaining stated desired Olympic and Paralympic performance results, and to provide them with focused support and funding to attain those results."

> **The government of Canada's decision to deploy a targeted excellence approach has delivered in spades.**
> Own The Podium CEO Anne Merklinger

In other words, the money and resources are doled out based on the ability to produce medals.

The Department of Canadian Heritage, with Sport Canada under its umbrella, is currently reviewing targeted excellence among other aspects of the sport system.

The government decided it's time to look at whether the sport system is getting desired results affordably and if it is adapting to changing needs.

"Fourteen years ago we thought this was a good idea, this was the path and this was a cutting-edge approach to high-performance sport internationally," Minister of Sport Carla Qualtrough told The Canadian Press in 2016.

"So like any coach will tell you we need to keep reviewing the game plan. Medal performances say how well we've done under this particular plan, but maybe there's a different direction we need to go to achieve even better results next time."

THE CANADIAN PRESS

Spicy Shakshuka

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This one-pan dinner is just the thing when you need a quick and easy way to dinner.

Ready in 40 minutes
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients
- 2 Tbsp olive oil
- 1 onion, diced quite fine
- 3 or 4 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp ground cumin
- chili flakes (optional)
- 1 can (28 oz) whole tomatoes
- 1 Tbsp tomato paste
- Salt and pepper
- 6 eggs
- 1/4 cup crumbled feta
- Handful of chopped basil or parsley

Directions

1. Heat oil in a high-sided frying pan over medium heat. Add onion and garlic and let them begin to brown. Add the paprika, cumin and a pinch of chili and stir. Let cook about 3 minutes.

2. Pour in tomatoes and tomato paste and gently break them up. Allow sauce to simmer 20 minutes. Add salt and pepper to taste.

3. Spread sauce evenly across frying pan. Crack eggs over the sauce (I usually place five in a circle around the pan and one in the centre). Cook about 6 or 7 minutes.

4. Crumble feta and basil or parsley over the top. Shimmy a serving spoon under each egg to scoop out of the pan. Serve with crusty bread and some steamed vegetables.

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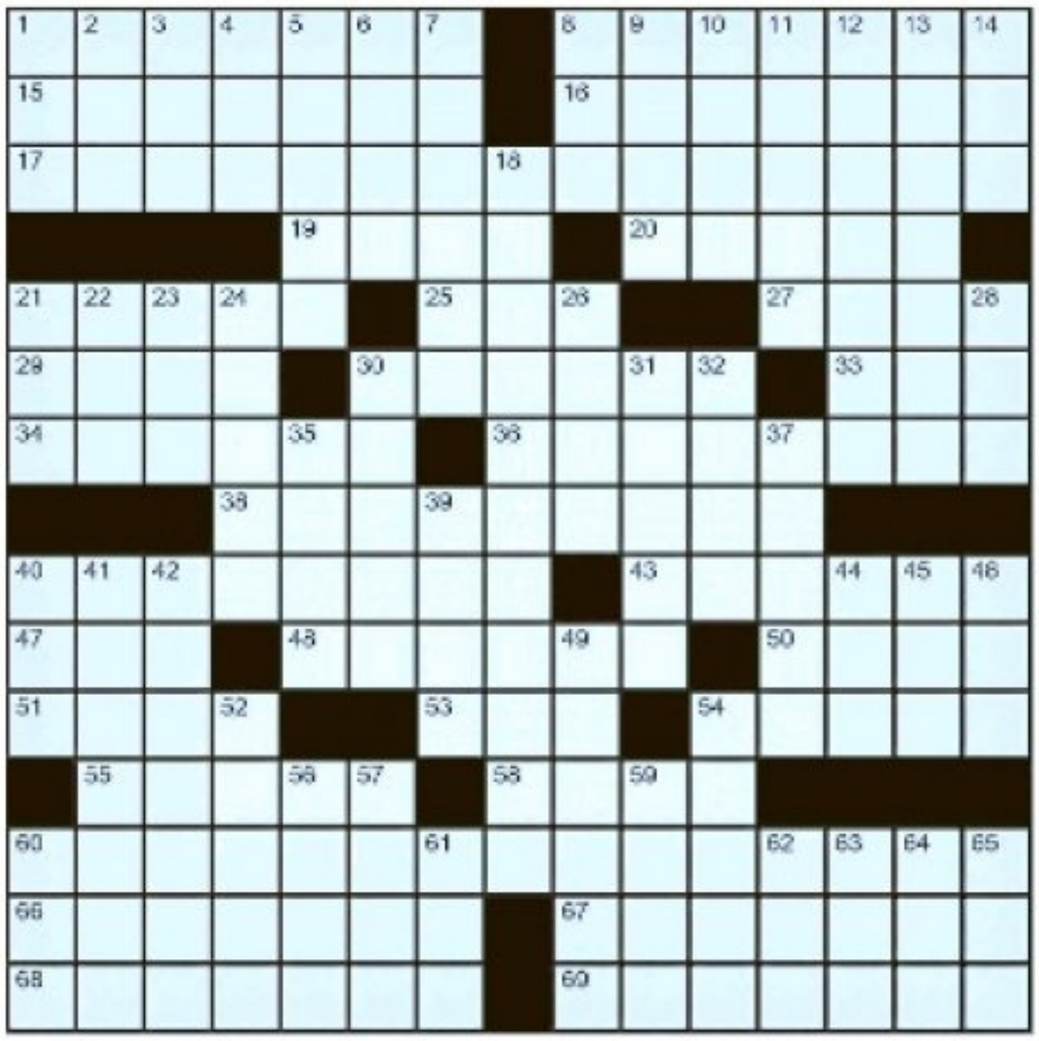
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Traditional spinning toy at Hanukkah
8. The Beatles: 2 wds.
15. Without exceptions: 2 wds.
16. Tiding up type
17. To-the-table feast ware: 2 wds.
19. Shakespeare King
20. "__ I care!"
21. Compassion
25. Mr. Danson
27. Smirch
29. 'Within'-meaning prefix
30. Saskatchewan export
33. SNL's Canadian creator's initials-sharers
34. Rock tour gig
36. Traditional toy gift: 2 wds.
38. Yuletide yummy: 2 wds.
40. Gift's version of a cake's cherry: 3 wds.
43. New Brunswick's provincial tree, __ Fir
47. 'Love' in JLo's 'Papi' song
48. Ms. Silverman's
50. Chad or Rob
51. Home bill, e.g.
53. "The Simpsons" storekeeper
54. "__ Hope" (Old soap opera)
55. Dome-shaped Buddhist shrine
58. Single-named fashion model
60. "Office Christmas Party" (2016) star: 2 wds.
66. __ of Aquitaine, "The Lion in Winter" (1968) character
67. Like really dry skin
68. James Joyce's Dublin-set 1922 novel
69. Bee participant

DOWN
1. Posh Spice's hubby ...his initials-sharers
2. Arctic explorer John
3. Be off
4. Bill [abbr.]
5. Lacy piece on furniture
6. -ette cousin
7. Smoothly, in music
8. Gladiator's 1150
9. Spanish beach 'waves'
10. Rocker Mr. Wentz
11. The __ ("Soap" family)
12. Playwright Eugene's family
13. Fragrant holiday gift
14. Jrs. dads
18. Roy Orbison Christmas song (which Willie Nelson wrote) that goes "Wrap your presents to your darling from you...": 2 wds.
21. Sea: French
22. Antacid brand
23. Dietary letters
24. Newfoundland comedy troupe that had a same-named CBC sketch series
26. Jeanne _'__
28. Alphabet trio
30. 'Five'-meaning prefix
31. Swedish cars
32. Susan Aglukark's "__ Na Ho (Celebration)"
35. Mr. Fleming's
37. Ms. Furtado
39. Literature: David Copperfield's first wife
40. Songstress Ms. Cantrell
41. Do better than the other realtors
42. Ms. Houston
44. "__ guy walks into..." (Classic joke intro)
45. Grass appendage
46. Not yous
49. Mankind members
52. Belonging to Rome's moon goddess
54. Marie Antoinette, par exemple
56. Fastened-to-clothing jewellery
57. "...friend or __?"
59. In-a-row letters
60. 'Game' in Gaspe
61. Initials-sharers of Oscar-winner Julia's actress niece
62. Roman sun deity
63. Poetic contraction
64. Flamenco exclamation!
65. Big Apple hockey team [acronym]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Upsets and surprises with political, religious or racial issues are taking place right now, all around you. Fortunately, warm friendships are supportive.

Taurus April 21 - May 21
Something unpredictable could affect a situation regarding inheritances, shared property, taxes or debt. Because this might happen, do your homework and get your ducks in a row

Gemini May 22 - June 21
Serious partnerships are undergoing sudden changes now. Tread carefully. Don't throw the baby out with the bathwater. Know what you want.

Cancer June 22 - July 23
Although you are working hard, you also are looking for ways to introduce reforms and improvements to your job. Something unexpected might occur to help you do this.

Leo July 24 - Aug. 23
For some time now, you have been wondering about future goals. Many of you will break out and surprise yourself by trying something different and new.

Virgo Aug. 24 - Sept. 23
The stability you want to create at home might undergo a bit of a revolution. Just stay on course, but be ready to listen to new ideas and new ways of doing things.

Libra Sept. 24 - Oct. 23
Sudden changes to your job or your residence might be taking place. You have to stay flexible. After all, the rigid trees are the first to snap in a storm.

Scorpio Oct. 24 - Nov. 22
Something unusual might affect your earnings at this time. It will be a change that ultimately might create more freedom for you.

Sagittarius Nov. 23 - Dec. 21
You're full of unusual, revolutionary ideas right now. You want to do something different. You want to buck the system and carve out a new path for yourself.

Capricorn Dec. 22 - Jan. 20
Something secretive and surprising is going on behind the scenes. Whatever it is will not be a secret for long. Be aware of this.

Aquarius Jan. 21 - Feb. 19
Your long-term relationship with a friend or a group might need to be changed now. Something is up for grabs, which means you have to be alert. Don't be afraid of change.

Pisces
Feb. 20 - March 20
Many of you want more freedom in your career or your job. You want to be self-employed, or you want to have the chance to call your own shots. Now is the time to test new ideas.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2				9				8
		1				6		
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7								5
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		2				1		
4				2				3

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8	3	2	9	1	4	5	6	7
5	2	1	7	8	9	6	4	3
4	8	3	6	2	1	7	9	5
6	7	9	5	4	3	8	2	1
3	1	6	4	9	5	2	7	8
2	4	8	1	3	7	9	5	6
7	9	5	8	6	2	1	3	4

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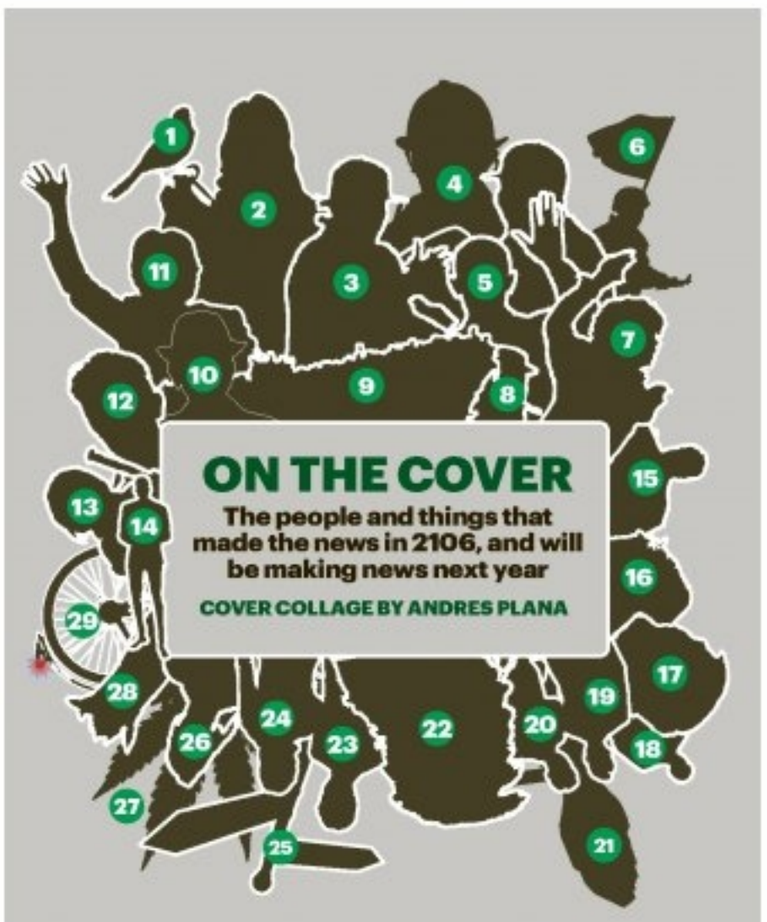
THE YEAR THAT WAS AND.... ...THE YEAR THAT WILL BE

Saying goodbye and hello



1. The grey jay
2. Penny Oleksiak
3. The Toronto Blue Jays
4. Fort McMurray
5. Barack Obama
6. Aleppo, Syria
7. Prince
8. Fidel Castro
9. Refugees
10. Leonard Cohen
11. Hillary Clinton
12. David Bowie
13. Star Wars: Rogue One
14. Chris Rock at the White Oscars
15. Rob Ford
16. One of Toronto's elusive capybaras
17. Donald Trump
18. Vladimir Putin
19. Ryan Reynolds
20. Ryan Gosling
21. Skinny buildings for generation squeeze
22. Indigenous reconciliation
23. Justin Trudeau
24. Sophie Gregoire-Trudeau
25. Brexit
26. Beyoncé
27. Pot legalization
28. Purple Asparagus
29. Cycling and road safety

Vicky Mochama
Metro

If 2016 was a movie, it could be nominated in every single category. There was drama, comedy, action, and reality TV — and that was just the American election. If 2016 had to be played by one actor, it'd be Meryl Streep. Only Meryl has the range to hit all the highs and lows that 2016 took us through.

This issue of Metro is a retrospective of all the moments that delighted, frightened and surprised us like only Meryl could.

It is also a look forward to the year ahead. The next 12 months will look nothing like that last 12.

Change — big or small, desired or not — is the enduring quality of our time. Our cities, provinces, and country will not stay the same.

And really, neither will we.

At the beginning of 2017, many of us will resolve to change for the better. Gym memberships will not be used. Plans to spend less money will fall apart. (New shoes, new you?) New Year's resolutions will be forgotten.

But for today, Metro resolves to remember the events that changed the year and to ask:

Who will you be in 2017?

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1 ISSUES THAT MATTERED

Housing: City's runaway train

2016 THE YEAR THAT WAS...

Policy-makers try to slow B.C.'s sizzling real estate market

Jen St. Denis
Metro | Vancouver

Single-detached houses in East Vancouver. Housing in Vancouver was one of the biggest stories of 2016, with the highest increase in rent ever recorded by Canada Mortgage and Housing Corporation. JENNIFER GAUTHIER/METRO FILE

The adjectives used to describe it included hot and sizzling. Sometimes it was called a bubble or a debacle; prices jumped and rose sharply and skyrocketed.

But the first week of January 2016 was when B.C.'s real estate boom got personal, when thousands of property owners across Metro Vancouver learned their assessment would rise by double digits, in some cases by as much as 40 per cent. The increase meant some homeowners would pay more in property tax, and while the increased home value was a boon for some, others worried about the seemingly ever-increasing cost of simply staying put in the region.

On Feb. 6, the Globe and Mail published a story that showed "the real estate technique fuelling Vancouver's housing market." The story detailed how some realtors were assignment contracts to flip properties and make untaxed profits. The B.C. government would later change the rules around assignment contracts.

In March, Vancouver's annual homelessness count revealed the highest number of people sleeping outside in 10 years.

How big a role foreign buyers were playing in B.C.'s real estate market continued to be a question, but throughout the spring, the B.C. government maintained that the historically high prices were simply a matter of supply and demand, not an infusion of wealth from overseas. But in May, Finance Minister Mike de Jong did commit to finally start tracking how many properties were being bought by foreign nationals.

By June, prices for single detached homes had risen by more than 40 per cent in some areas of Metro Vancouver. Condo prices also shot up by 25 per cent.

In July de Jong released the first batch of foreign buyer data, showing that foreign buyers bought more than $800 million in property in Metro Vancouver in a three-week period in June. At the same time, de Jong announced a 15 per cent property transfer tax on foreign nationals who bought property in Metro Vancouver.

Meanwhile, the City of Vancouver introduced an empty homes tax and new policy directed at the short-term rental market (like Airbnb).

The extreme spike in housing prices also started to show up in the rental market. Renters reported feeling pressure from landlords through methods like eviction to renovate or use units for family use, or demanding that tenants sign a rental contract with a set-in-stone vacate date.

In August, Metro reported that data collected from Craigslist showed that Vancouver rents were on track to increase 20 per cent by the end of this year. That prediction was recently confirmed by Canada Mortgage and Housing Corporation's annual rental market survey, which showed that rents for purpose-built rental buildings went up 6.4 per cent — the highest increase ever recorded by the agency.

The Metro Vancouver housing market has slowed and prices have dropped. Market activity in spring 2017 — when new supply could flood the market, pushing prices down — will show whether policy makers have succeeded in slowing the runaway train.

BY THE NUMBERS

40%

Prices for single detached homes rose 40 per cent in some areas of Vancouver.

25%

Condo prices shot up by 25 per cent by June.

6.4%

Rents went up by 6.4 per cent, according to Canada Mortgage and Housing Corporation's annual rental market survey.

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2 ISSUES THAT MATTERED

Combatting fentanyl crisis

DRUG USE

Health experts call for extraordinary measures

Wanyee Li
Metro | Vancouver

An unsanctioned injection site in the Downtown Eastside in an alley off East Hastings Street. As of writing, 622 people died from overdoses in B.C. in 2016. JENNIFER GAUTHIER/METRO FILE

If there was any doubt about the existence of a fentanyl crisis in 2015, there was no denying it in 2016. As of mid-December, 755 people had died from illicit drug overdoses in B.C.

About four out of five drug samples tested at Vancouver Coastal Health's Insite since July came back positive for fentanyl, according to the health authority.

"We've seen nothing like this before. Nothing. This is unique in my experience," said Perry Kendall, B.C.'s Provincial Health Officer who declared a public health emergency in April 2016.

The declaration over fentanyl was the first and only in Canada but it hasn't been enough to steady the growing number of deaths from the opioid.

> **... the community will say we haven't done enough. We certainly agree with that. We need to do more.** Patricia Daly, Vancouver Coastal Health's chief medical officer

"We haven't seen a stabilization of the deaths. It has continued to go up," Vancouver Coastal Health's chief medical officer, Patricia Daly, told Metro.

The health authority started flooding the Downtown Eastside (DTES) community with take-home naloxone kits early this year. They continued to launch harm-reduction initiatives late into the year, most recently with the volunteer-run Spikes on Bikes program in partnership with the Portland Hotel Society. Paramedics and many fire departments now carry the opioid antidote as well.

Increasing access to naloxone was the fastest way to try and reduce the dramatic number of fentanyl-related deaths, said Daly.

In October 2016, VCH submitted an application to Health Canada to set up two more supervised injections sites in Vancouver's Downtown Eastside. Health Canada came back with a recommendation the sites undergo renovations, according to Daly. VCH is currently waiting for renovation permit approval from the City of Vancouver.

She hopes the supervised injection sites will be up and running in early 2017.

In the meantime, VCH opened three supervised-consumption sites in the DTES and a mobile medical health unit that functions as a satellite emergency department for St. Paul's Hospital in December.

The City of Vancouver also approved a 0.5 per cent tax increase to help deal with the crisis.

2016 THE TOP FOUR

Other local stories that made headlines this year.

1. Vancouver School Board: Education Minister Mike Bernier took the unusual step in October of firing Vancouver's elected school board after months of controversy around the budget and allegations of workplace bullying.

2. Belugas: The Vancouver Aquarium's two belugas, Aurora, 29, and her daughter Qila, 21, died within 10 days in November.

3. Refugees: The settling of 2,100 Syrian refugees in Metro Vancouver was an ongoing story in 2016.

4. Abbotsford school killing: Grief cloaked the Fraser Valley community of Abbotsford this fall as pair of young teenage girls were stabbed, one fatally, in the entranceway of Abbotsford Secondary School.

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3 ISSUES THAT MATTERED

Battle lines drawn in pipeline debate

PROTEST

Northern Gateway cut short, Trans Mountain OK'd

David P. Ball
Metro | Vancouver

Although British Columbia didn't see anywhere near the kind of protests that Standing Rock Sioux reservation has seen since its "water protectors" camp started on April 1 against a pipeline through the Dakotas, one could still describe 2016 as a "year of the pipeline."

That's because it's the year that the federal government hammered the final nail in the coffin of the $8-billion Enbridge Northern Gateway project across northern B.C. — which would have cut through the heart of the Great Bear Rainforest, against a declared "unbreakable wall of opposition" from First Nations it would have crossed.

It's also the year the same government concerned about tanker risks and pipeline spills in the pristine temperate rainforest gave its nod of approval to another project through the heart of Metro Vancouver.

"This is a defining moment for our project and Canada's energy industry," said Kinder Morgan Canada's president Ian Anderson in a statement.

But the federal go-ahead for his $7-billion Trans Mountain expansion still depends on B.C.'s five conditions being met, and the outcome of lawsuits and blockades promised by indigenous opponents.

"We're fighting the same fight and protecting the same thing — which is water — not just for indigenous communities but for all communities," Jerilyn Webster told Metro during a sit-in of Dakota Access Pipeline investor TD Bank in Vancouver. "When the time comes, when pipelines are trying to start construction … that will be the time when we ask Standing Rock to show the same solidarity for us in B.C."

> We're fighting the same fight and protecting the same thing — which is water. Jerilyn Webster

A protester in a kayak paddles in front of a tanker in Burrard Inlet. SUBMITTED

It's no idle threat. Two years ago, at least 150 protesters were arrested on Burnaby Mountain for civil disobedience against Kinder Morgan's test drilling in preparation for their Trans Mountain Expansion Project — a controversial proposal that would increase tanker traffic sevenfold through Burrard Inlet to roughly 400 new ships a year.

Now, local First Nations, landowners concerned about repeats of the existing pipeline's Burnaby accident in 2007, environmental groups and city mayors are saying the fight will focus on that project — despite the Texas proponent's promises it would bring thousands of construction jobs and revenue to the province.

Capt. Chris Badger, a Master Mariner who retired as Vancouver port's chief operating officer in 2011, acknowledged there's risk with the proposal — as with any project — but insisted it's been studiously modelled and bolstered with safety measures such as state-of-the-art escort tugboats.

Those risks are still too high for some advocates, particularly because there are only 80 southern resident orcas left in the region's waters, through which the tankers would travel.

According to Alexandra Woodsworth, with the Georgia Strait Alliance, increasing tanker traffic would disrupt orcas through increased noise, but any major spill could trigger the "iconic" population's demise.

The big question for 2017, then, is whether those for and against the project can manage to make it an election issue in B.C. next May — and what the big players' next moves will be.

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Best photos of 2016

Photographer Jennifer Gauthier shares some of her favourite news and feature shots of 2016:

1 Watching the Royal Tour: Mohammed Asaleh, a national youth worker with the Immigrant Services Society of B.C., right, translated for Alaa and Yossra Almahameed with daughters Reemas and Reetaj during the Duke and Duchess of Cambridge's visit on Sept. 25.

2 Chinese prisoner: Wang Jin Huan, whose brother has been a political prisoner in China for 14 years, spoke to Metro about her fight for his freedom and for human rights at her Port Coquitlam home in October.

3 Vij's kitchen: Meeru Dhalwala and head kitchen manager Amarjeet Gill discuss menu changes, staffing and how their kids are doing as they sit on the floor of the kitchen at the Vij's restaurant Cambie Street location.

4 Renter crisis: Deborah Sexton has been living in her car ever since being evicted a year ago from the North Vancouver house she had rented for 34 years. Metro Vancouver renters are finding it difficult to find a new place to live after being displaced.

5 World Rugby Sevens: With no time remaining in the second half, North Vancouver's Adam Zaruba scored a game-tying try with no time remaining in the second half, before Nathan Hirayama kicked the game-winning convert to earn an upset victory over Australia in their second game of the World Rugby Sevens Series in Vancouver on March 13.

6 Tent city: Stacey Dubois comforts Ilona Schild after she addressed the crowd gathered at 58 W. Hastings St. on Nov. 24. Residents of a tent city rallied against the city's court injunction to dismantle the site. The remaining residents and supporters walked down East Hastings and Main streets to Thornton Park.

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Tarot reader foretells year of growth

ASTROLOGY

Spontaneous decisions, big announcements are in the cards

Wanyee Li
Metro | Vancouver

It looks like 2017 will be a strong year for Vancouver and its residents, because as long as people do their homework, rewards will come in the fall, says one local tarot reader.

Tegan Forbes draws her findings from tarot cards and astrology readings. She interpreted a tarot spread for Vancouver, at Metro's request.

She says 2017 may be Vancouver residents' time to shine, especially because the city is becoming better known on the world stage.

"We're not looking at new beginnings so much this year as much as we're looking at growth," said Forbes, who has been reading tarot cards for more than 10 years.

"It's about Vancouver rocking it and having some pride and being super stoked for our city but also respecting it and coming into our own — saying we're our own bosses."

That respect can come in many forms, but it means fighting for the things closest to your heart without blaming others, she explained.

Whether that issue is pipelines, bike lanes or dog-friendly patios, people can find identity in constructive ways, she said.

"We live in a beautiful city that has as lot of beautiful ways to nourish ourselves. So nourish, but don't escape or skip steps or scapegoat other people."

Perhaps that message is more important now than ever, given the "deconstruction and upheaval" that 2016 was for people both personally and globally, said Forbes.

> There's definitely a lot of positive opportunity, but we're going to have to work for it. Tegan Forbes

Tegan Forbes, owner of Tarot Readings By Tegan, says 2017 is a year of opportunity for Vancouver. JENNIFER GAUTHIER/FOR METRO

In terms of what people can expect throughout 2017, she says January is the time for big announcements and spontaneous decisions. February through June is a good time to reflect and "get all your ducks in a row," because people have until October to carry out the big plans that spring up in January, she added.

"The last part of 2017 is going to be incredibly rewarding for the people who did the work. So if you do your work and really put some thoughtful attention into the details, there are amazing results coming that lead to some pretty big breakthroughs."

It's a year full of opportunities for the city as a whole, she said.

"There's definitely a lot of positive opportunity, but we're going to have to work for it."

MARK IT DOWN

Here are the dates of 2017's astrological events, as told to Metro:

Aug. 21: Solar eclipse
B.C. residents will be able to see part of a total solar eclipse for the first time since 1979. It may signal a "breakthrough" in people's personal or career paths, said Forbes.

March 5 – April 16: Venus retrograde
During this time period, Venus appears to be moving backward in the night sky, which is usually a sign that people won't be "getting any love," said Forbes. But it can also mean this is the time for people to take care of themselves, she said.

"It's a really nice little period to go to the spa, do a cleanse, spend some time thinking about what do I value."

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1 ISSUES THAT WILL MATTER

Biggest stories on the radar for '17

People wait to board the 99 B-Line bus outside Commercial-Broadway SkyTrain Station. Gordon Price, director of Simon Fraser University's City Program, believes the funding for the proposed line, or lack of it, will be one of the big stories in 2017. JENNIFER GAUTHIER/METRO FILE

THE YEAR THAT WILL BE 2017

Experts weigh in on the issues that will shape Vancouver next year

Matt Kieltyka
Metro | Vancouver

With 2016 nearly over, Metro Vancouver asked three expert commentators what they predict will be the biggest issue affecting the region next year. Of course, the coming provincial election was top of mind, but since that affects all facets of life, we asked our panel to narrow the answer down to a single topic. Here are the stories they're looking out for in 2017.

The issue: Battle against Kinder Morgan's Trans Mountain pipeline
The expert: Doug MacArthur, director of Simon Fraser University's Public Policy Program

The federal government's contentious approval of the proposed Kinder Morgan Trans Mountain pipeline expansion was just the tip of the iceberg.

Over the coming year, MacArthur expects the ongoing opposition against the project to build as the government tries to convince the public it is in British Columbia's best interests and Kinder Morgan preps for construction.

If lawsuits against the way the National Energy Board process unfolded are unsuccessful and the proponent pushes forward without First Nations consent, MacArthur said the amount of backlash could rival that of the Clayoquot Sound logging protests of 1993, one of the largest-ever acts of civil disobedience in Canada that involved more than 800 arrests.

...I think there's going to be enough delays that it's going to start to raise questions as to whether this project is going to ever happen.
Doug MacArthur on the pipeline

"It may be even a bigger story than Clayoquot, because that was sort of in the wilderness and this cuts right through Metro Vancouver," said MacArthur. "First Nations have the same interests here as the municipalities who are opposed to the project and the environmentalists, so that's a pretty formidable opposition. I have a feeling that Kinder Morgan will at some point decide to do something on the ground, and that's what could create the focus for a full-blown confrontation."

Politically, MacArthur expects a lot of pressure placed on the B.C. Liberals to announce its support for the pipeline by the election, and the federal government trying hard to undo the "sense of anger and betrayal" many British Columbians feel about the decision to grant the pipeline its approval.

All of that will keep Kinder Morgan's pipeline in the news throughout 2017.

"It will be the biggest story, that's not going to go away," said MacArthur. "A year from now, I think there's going to be enough delays that it's going to start to raise questions as to whether this project is going to ever happen. It's going to depend on how those pressure points of opposition are going to be managed."

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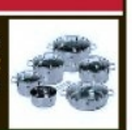

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2017 THE TOP FIVE

Stories to watch out for:

1. MMIW Inquiry: Canada's long-awaited inquiry into the epidemic of missing and murdered Indigenous women and girls begins next year, with testimony from families in the spring.
2. Treaties: The B.C. Treaty Commission has said at least eight bands could be nearing agreements next year with plans to expedite the process, while other nations are rejecting the process altogether.
3. Child Welfare: The massive Site C hydroelectric dam on the Peace River has already been approved by government, but with a provincial election in May and ongoing calls to Trudeau by Indigenous leaders, environmental and human rights groups to halt the project, it's sure to keep making headlines next year.
4. Child Welfare: B.C. committed in November to giving First Nations control of child welfare in their communities, while advocate Cindy Blackstock continues to fight the federal government to fix ongoing discrimination against Indigenous children on reserve.
5. Language: B.C. is home to most of Canada's Indigenous languages, and they're also disappearing the fastest despite community efforts at preservation. Now, eyes are on what will come of a federal Indigenous Languages Act announced this December.

CARA MCKENNA, METRO INDIGENOUS STORIES CONTRIBUTOR

BIGGEST STORIES ON THE RADAR

New transit plan shuns Broadway

The issue: The Broadway Line and Metro Vancouver's future at stake
The expert: Gordon Price, director of Simon Fraser University's City Program

TransLink and the Metro Vancouver mayors passed a $2-billion transit plan for the region, one that doesn't include a rapid transit line through Broadway, light rapid transit in Surrey or a replacement for the Pattullo Bridge.

Who will pay , and how, will become an urgent and heated debated in 2017 as a proposed investment plan is expected by year's end

Price says that debate will extend beyond the projects, pit the province against municipalities and spark a bigger discussion about the direction the region is heading in.

"It's breathtaking that the Broadway line isn't the number one priority by all political parties at all levels right now," said Price. "If you look at the levers and foundations that are most attractive for our economy —research, education, medical, corporate services, tech, anything that is job generating and high-value — it's literally along the Broadway corridor. And when you're looking at places where we're losing productivity and dealing with the most congestion, it's along that transit route yet we're thinking of throwing billions of dollars at a massive bridge that takes you to agricultural land [in Delta]? It's absurd."

Tied into that debate are issues like housing affordability, generational inequality and regional planning.

Without a vision and plan from government, First Nations, developers and entities like the port, tackling those issues will be hard and the region will grow without a clear narrative.

"If that's our future, can we at least have a discussion about it? To me, that would be a breakthrough story for next year, to come up with a real recognition of where we're going in this region," said Price. MATT KIELTYKA/METRO

It's breathtaking that the Broadway line isn't the number one priority by all political parties at all levels right now.
Gordon Price

BIGGEST STORIES ON THE RADAR

Viaducts, empty homes tax in news

The issue: Vancouver's viaducts and empty homes tax
The expert: Trish Kelly, Metro's "City Holler" civic affairs columnist

As the region tries to salvage its 10-year transit plan, the City of Vancouver is also in for a year that will have major implications on its future going forward.

The Concord Pacific-owned lands around False Creek have sat empty for decades, to the chagrin of many nearby residents waiting for amenities in that area, and remains the largest tract of undeveloped land anywhere near the city's downtown core.

Until now, the developer has held off on moving forward with projects until city hall decides once and for all what to do about the viaducts that cut over that land.

Staff have proposed tearing down the iconic viaducts and the final decision will finally come to a head in 2017, according to Kelly.

"I think the biggest story is going to be around the viaducts," she said. "Now that the Evergreen Line is finally open, we should be seeing a reduction in traffic downtown. At least, that's what the city staff report says. Each time there has been an addition to the SkyTrain system, we see a double-digit reduction in traffic. So I think this year we'll either see this theory prove out and justify the removal of the viaducts, or kill the idea."

Once that decision is out of the way, Kelly says the city will be able to start plotting a plan forward for the False Creek flats.

Another city story that will once again make headlines (it dominated Vancouver news in 2016) is housing.

The city's empty homes tax goes into effect in 2017, with the intention of penalizing property owners who choose to leave their investments sitting empty instead of renting them out to people in need of homes while vacancy rates are at a record low.

MATT KIELTYKA/METRO

CITY MATTERS

WATCH THIS: Rentals
The region's brutal rental situation, which hit an abysmal 0.7 per cent vacancy rate in 2016, will continue to a big issue in 2017. A record number of new purpose-built rentals came online in 2016 and that trend should continue. But how will Vancouver's new empty home tax impact supply? And will rents continue to rise higher than inflation?

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Moments that won't be forgotten

From the prime minister's welcoming of Syrian refugees to the royal visit, here are five moments from the past year.

METRO WITH FILES FROM THE CANADIAN PRESS/ALL PHOTOS THE CANADIAN PRESS

Prime Minister Justin Trudeau pledged additional humanitarian support for refugees at a press conference at the 71st Session of the UN General Assembly in September.

SYRIAN REFUGEES

Our model recognized across the world

This year, as the Liberal government moved to fulfil their (modified) promise to bring in 25,000 Syrian refugees into the country, Canada's population numbers swelled to well over 36 million. This number is at its largest since 1988, as the population grew by 1.2 per cent. The boost in overall population was due, in part, to the Liberals' Syrian refugee resettlement program, a model which has received commendation around the world and is seen as one to emulate. The number of Syrian refugees in Canada since November 2015 is well over 30,000. However, Canadians are pushing the government to do more.

The Duke and Duchess of Cambridge attend a children's party with Prince George and Princess Charlotte at Government House in Victoria, B.C. on Sept. 29.

ROYAL VISIT

'Pop,' says the Princess

The Duke and Duchess of Cambridge brought their two children, George and Charlotte, along for a royal tour of Canada in September. The couple met with Olympic athletes, talked with Syrian refugees and hung out with PM Trudeau and his wife Sophie Gregoire-Trudeau.

CLIMATE ACTION

National carbon tax announced

In October, 2016 Trudeau announced a national "floor price" on carbon that would require all provinces and territories to have some form of carbon pricing by 2018. Putting a price on carbon is meant to incentivize individuals and companies to look for lower emission options.

Federal Environment Minister Catherine McKenna

Prime Minister Justin Trudeau speaks at Parliament Hill after meeting with Manitoba Metis Federation President David Chartrand, Assembly of First Nations Chief Perry Bellegarde and President of the Inuit Tapiriit Kanatami Natan Obed.

INDIGENOUS RELATIONS

Path to reconciliation

Despite what many thought was inadequate funding in the federal budget for indigenous people, the Liberal government says it has been committed to furthering the process of reconciliation. The Liberals removed Canada's objector status to the UN Declaration on the Rights of Indigenous Peoples in May. The government also launched an independent inquiry into Canada's missing, murdered indigenous women in August.

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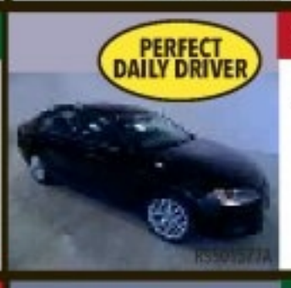

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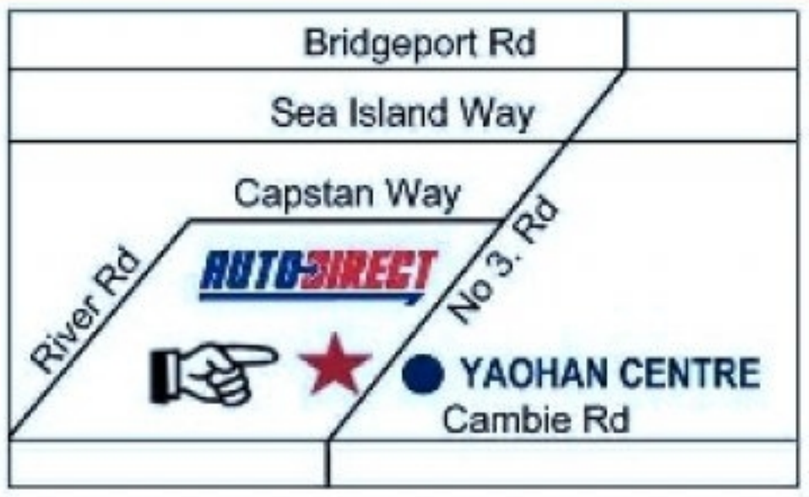

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Fort Mac wildfire was story of the year

NATURAL DISASTER

Surreal tragedy beats refugees, Gord Downie as top newsmaker

The ferocious wildfire that forced nearly 90,000 to flee Canada's oilsands region and reduced thousands of homes to rubble has been picked as the top news story of 2016 in an annual survey of newsrooms across Canada by The Canadian Press.

Dubbed "the beast" for its merciless unpredictability, the Fort McMurray wildfire garnered 39 of the 67 votes cast by senior editors. It was followed by Canada's ongoing resettlement of Syrian refugees with 11 votes, the fentanyl crisis with six and the Tragically Hip's farewell tour with five.

"Not even a Hollywood script could match the terror, uncertainty, and heroism to come out of what seemed to be a surreal event," wrote Dave Barry, news director of CKPG TV in Prince George, B.C.

The fire began in a remote forested area southwest of the city on May 1 during a spell of unusually hot and dry spring weather. By suppertime on May 3 the flames were inside the city and all of Fort McMurray was under a mandatory evacuation order.

People fled with forest ablaze on both sides of the road and ash raining down. They crawled bumper-to-bumper along Highway 63 — the only route out of town.

Nobody died as a direct result of the fire, though two teenagers were killed in a highway crash south of the city.

Residents started coming back in early June. The majority returned to unscathed homes, but many had nothing but piles of ash inside blackened foundations.

All told, the fire consumed some 2,400 units, most residential.

Erin O'Neill, operations manager with the municipality's recovery task force, said 350 rebuilding permits have been approved since the fire and 160 new homes have begun construction. "When you go into these areas, as opposed to seeing all of that ash and debris, now you're seeing a site that looks like a new subdivision."

Fire Chief Darby Allen, who became the face of the battle against the beast, is planning to retire in February. He said he's expecting next year's wildfire season to be tough on the community.

Following the fire, Edmonton's population swelled by almost 10 per cent with most of the 90,000 evacuees finding shelter in the city. Over half a year later, its impact can still be felt. METRO FILE

Seven months after the fire, many residents are still slogging through their insurance claims. The Insurance Bureau of Canada has pegged the Fort McMurray fire as the costliest insured natural disaster in Canadian history with an estimated $3.77 billion in claims as of mid-November.

There's also been a heavy emotional toll. Alberta Health Services documented more than 25,000 contacts with mental health care providers in the Wood Buffalo region between May 10 and Oct. 29.

The beast struck at a time when low oil prices were already causing the city's main industry, the oilsands, to scale back.

The fire crimped output by a million barrels a day in May and 700,000 barrels a day in June, says the Alberta government.

Within six month of the fire, the Red Cross raised $319 million between donations and matching government funds — the largest domestic appeal in the organization's history, said vice-president Jenn McManus.

Many newsroom bosses cited the outpouring of support the city received in making their pick.

"The devastation motivated Canadians across the land to offer assistance to Fort Mac residents," said David Hughes, executive director of CTV National News.

"A truly Canadian moment."

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VICKY MOCHAMA ON THE QUEST TO BECOME MORE CULTURED

There are people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity. I am the latter.

At the beginning of the year, I thought I would become a more cultured person.

Without intent or desire, I have made friends who have no interest in the Marvel Cinematic Universe or the Instagram accounts of football players. Determined to (a) impress these smart, serious people and (b) actually become smarter, I drew up a month-by-month plan of all the different types of culture I would take in. The plan was in graph form, the Y-axis consisting of months of the year, the X-axis organized by verb: Go, Listen, Watch and Read.

In January, for example, I would go to the art gallery, listen to Kendrick Lamar's To Pimp A Butterfly, watch Rigoletto, and read Marlon James' A Brief History of Seven Killings. I won't keep you in suspense — I failed. I fell asleep halfway through Rigoletto. The whole thing is in Italian!

The bold plans I had for June (go to the House of Blues in Chicago, read Love In the Time of Cholera, etc.) were dead in the water by mid February. In the spring, I realized I wouldn't achieve my ambitious plans. Wanting to be dauntingly erudite had not stopped me from watching Captain America: Civil War three times in one week in theatres. Yet the goal of becoming smarter was implanted. So, in May, I asked for a subscription to the New Yorker as a birthday present.

This was a more sensible plan. I'm a writer. I enjoy everything I've ever read in the magazine. And I no longer have the attention span I used to for books. It seemed perfect. And at first, it was. I would get through an issue pretty quickly and then I could do what I had intended all along: tell people about how I'd read something in the New Yorker. There are people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity.

I am the latter.

To my mind, this has always seemed like the reason for most cultural to-do lists. Saying "I've been wanting to see that film" is really about telling people that you're smart enough to know about the film. Also, that you use the word "film."

But ambition met its foe: Life, and the full tedious living of it, distracted me. A new job, new friends, new shows on Netflix — all consumed my attention before I could open up a New Yorker. I took a few of them on a vacation in the hopes of catching up, but I mostly just changed the temperature at which I was not reading the New Yorker.

Goals are an admirable thing to have. Working towards them with or without success is a form of personal growth. Embracing my lack of success doesn't mean I didn't learn anything: I learned that there are some things that I'll never be good at again like listening to the newest albums. Failure has a clarifying quality.

Time will tell if I have achieved my goal of impressing intelligent people. (My conversation starter at parties is "The movie Mean Girls tells you everything you need to know about politics" so who can truly say?)

But what I've missed in culture, I've learned about myself: I don't know how Rigoletto ends, and I'm OK with that.

"Embracing my lack of success doesn't mean I didn't learn anything.

SOUND SMART

We all have to make a lot of small talk over the holidays. And you're going to need to sound like you know what you're talking about. Here are some words and phrases that really caught on in 2016.

Hatchimals

DEFINITION The holiday season's hottest toy is an electronic stuffed bird similar to a Furby, except to play with it you have to wait for it to theatrically hatch out of the plastic egg it comes in.

Dumpster fire

DEFINITION A complete mess, much like the year 2016 was said to be for the planet: A stinky, dangerous, flaming pile of garbage ruining the surrounding climate.

Whitelash

DEFINITION A backlash by white people. Originally referred to civil-rights naysayers in the 1960s, but revived during the 2016 U.S. election.

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THE YEAR THAT WAS AND.... ...THE YEAR THAT WILL BE

Year's biggest celebrity stories

2016 THE YEAR THAT WAS...

From swoon-worthy couples to crushing breakups

Ryan Porter
For Metro Canada

You know it's a big year in celebrity news when Eva Mendes can carry Ryan Gosling's baby for eight months before anyone even notices. These celebrity bombshells were the biggest focus-pullers of the year.

The cutest Toronto duo since the panda cubs
Does Buckingham Palace have Netflix? Since Prince Harry arranged an introduction to Suits star Meghan Markle through a friend last July, the couple is so official that the Toronto-based actor wears a chain with an M and an H on it.

Kim butts in on Kanye and Taylor
In July, Kim Kardashian dropped Snapchat video of husband Kanye West telling an approving Taylor Swift he wanted to name-check her in his song Famous.

Taylor denounced the track after its release, which social media took as proof of Swift's duplicitous nature. But Kanye never mentioned the lyric "I made that b---- famous" to Swift, which she underlined in a statement, declaring, "I would very much like to be excluded from this narrative." OK, starting now.

If you need Jennifer Aniston, she will just be happily married and glowing
Where were you when you found out that Angelina Jolie had filed for divorce from Brad Pitt? Adele called the split "the end of an era" (she later clarified that she was joking and "couldn't give a f—ing s—").

And while the saga continues to develop, the relative lack of commotion just shows how much we have all moved on to more pressing matters, such as whether or not Madonna has butt implants.

Johnny Depp: from movie monster to actual monster
When Amber Heard filed for a restraining order against Johnny Depp in May, claiming Johnny had been "physically and verbally abusive" throughout their relationship, it was an idol-crushing moment. That is something that you just can't come back from. Unless you are Sean Penn, Nicholas Cage, Christian Slater, Josh Brolin, or another powerful man in Hollywood, and then it's fine.

The Kim Kardashian jewel heist
During Paris fashion week in October, Kim Kardashian was bound and gagged at gunpoint in her Paris hotel room as jewel thieves scooped up $10 million in jewelry, including her $4.5-million engagement ring. The stress from the robbery is said to be a contributing factor to Kanye West's recent stay in a psychiatric hospital.

2016 THE TOP FIVE

Let's not forget these classic pop culture moments from 2016:

1. The late, great everyone. If one of your favourite singers didn't pass away far too early this year, you may have terrible taste in music.

2. The Rob also rises. Rob Kardashian went super public with his new love and family frenemy Blac Chyna. In November, they welcomed daughter Dream Kardashian.

CELINE

3. Celine shows how a heart does go on. At her husband Rene Angélil's funeral, Celine Dion bravely marched through the Montreal cathedral as a widow, 22 years after walking the same aisle as a bride.

4. Live with Kelly and no one. Kelly Ripa has had 52 cohosts since Michael Straihan left in May, but there's no question as to who the star is.

5. Who is Becky? Beyoncé's visual album Lemonade crackled with a political charge, yet the most discussed lyric remains, "better call Becky with the good hair."

RYAN PORTER/FOR METRO

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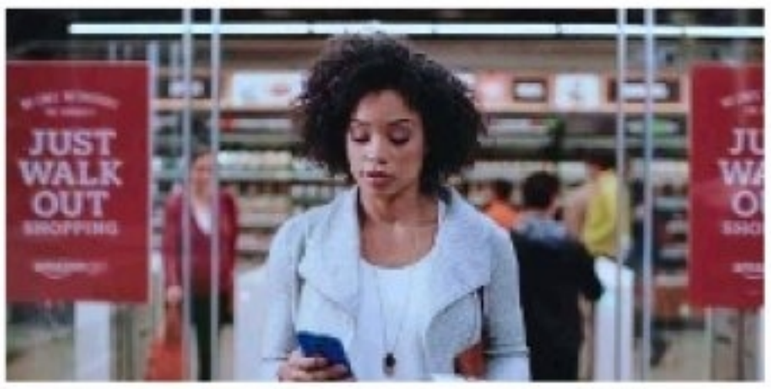
5 FOOD TRENDS FOR 2017

It's not just the fashion world that uses change as a way of keeping us interested. The food world is about just as trend-addicted. Doubt us? Think back to the kale chip fever of 2015. Here are the trends we'll be watching. **CERI MARSH AND LAURA KEOGH**

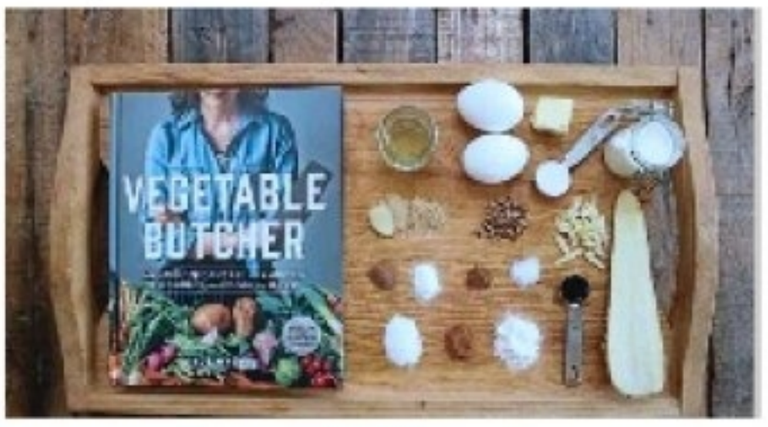
1 Colour of the Year: Purple

Pantone can't be the only one that makes the big pronouncements on colour. We're betting you're going to notice a lot more of this rich and phytochemical-indicating shade on future trips to the grocery store. You'll see purple sweet potatoes, cauliflower, broccoli, carrots, even corn and asparagus. But you'll also notice purple popping up in chips and cereal.



2 Innovation of the Year: Amazon Go

There may only be one cashier-less grocery store open in Seattle but Amazon promises to bring AI wizardry to 2,000 locations. Shoppers swipe their smartphones on a sensor as they enter, get groceries and the "just walk out" technology charges your Amazon account. No word on whether it's coming to Canada. Which gives us time to figure out how to send our driver-less car to go and pick up the groceries.



3 Cuisine of the Year: Vegetable Butchery

Upping our veggie intake is a well-known boon to health and couching it in terms that carnivores can appreciate never hurts. Books like Cara Mangini's The Vegetable Butcher and Toronto's own Yam Chops, selling beet burgers and Korean barbecued vegan chicken as well as their famous yam chops, are leading the way.

4 Feel Good of the Year: Waste Not, Want Not

In North America, every household tosses out an average 215 to 275 kilos of food. Expect to see talk about how meal planning can reduce the groceries that get wasted. You'll also see chefs including dishes that boast carrot tops or beet greens as a way of showing off their ability to use more of the food they're buying.

5 Ingredient of the Year: Coconut

Kale has hogged the spotlight too long! Many home cooks have swapped canola oil for coconut oil for its high smoke point and health benefits, but expect to see coconut popping up other places, too. Baked coconut chips, coconut tortillas, coconut flour, coconut yogurt and kefir and deliciously, coconut butter.

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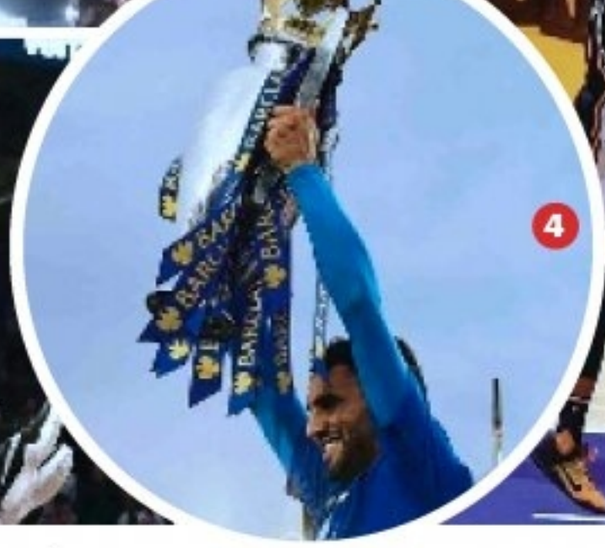

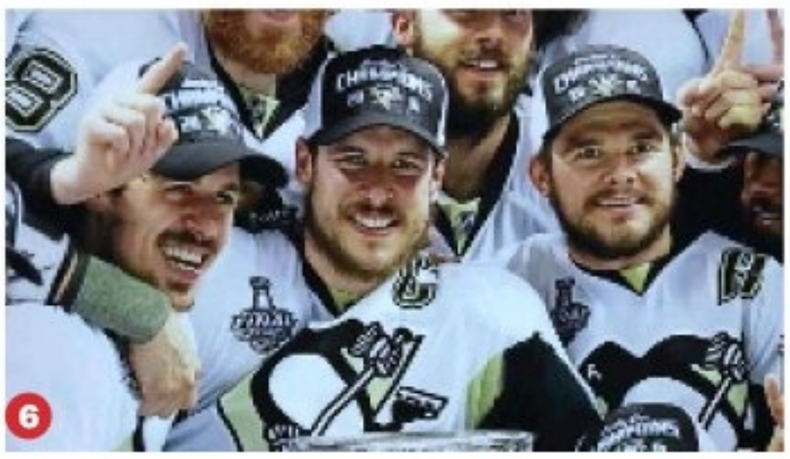

Best sports moments of 2016

1 **Feb. 7, Santa Clara, Calif.** — Peyton Manning won his second NFL title in his final professional game as the Denver Broncos toppled the Carolina Panthers 24-10 in Super Bowl 50. RONALD MARTINEZ/GETTY IMAGES

2 **Feb. 13, Toronto** — Minnesota high-flyer Zach LaVine won the dunk competition, but the All-Star crowd really warmed to Orlando upstart Aaron Gordon's hops. ELSA/GETTY IMAGES

3 **April 14, Los Angeles** — Kobe Bryant upstaged the Golden State Warriors' record 73rd win of the season with an incredible 60-point performance in his retirement game. JUAN OCAMPO/NBAE VIA GETTY IMAGES

4 **May 7, Leicester, England** — Riyad Mahrez and Leicester hoisted the Premier League trophy in one of the most unexpected championship wins in sports — ever. LAURENCE GRIFFITHS/GETTY IMAGES

5 **May 15, Arlington, Texas** — The Jays got the knockout in October, but Texas' Rougned Odor's shot will stand as the counterpoint to Jose Bautista's batflip. RICHARD W. RODRIGUEZ/STAR-TELEGRAM VIA AP

6 **June 12, San Jose, Calif.** — Sidney Crosby's Pittsburgh Penguins — hockey's hottest team in 2016 — turned around a scuffling season to win the Stanley Cup. BRUCE BENNETT/GETTY IMAGES

7 **June 19, Oakland, Calif.** — LeBron James' block on Andre Iguodala sealed the Cavaliers' come-from-behind championship win over the Warriors' and created an iconic image of The King's greatness. JOE MURPHY /NBAE VIA GETTY IMAGES

8 **July 10, Saint-Denis, France** — WIth Cristiano Ronaldo sidelined due to injury, Portugal still managed to stun France on home turf to win its first-ever European Championship. PATRIK STOLLARZ/AFP/GETTY IMAGES

9 **Aug. 17, Rio de Janeiro** — Andre De Grasse couldn't catch Usain Bolt on the track, but the pair's bonding moment during the 200-metre semifinal capitvated the country. OLIVIER MORIN/AFP/GETTY IMAGES

10 **Nov. 2, Cleveland, Ohio** — The Chicago Cubs came back to win the World Series in Cleveland, ending a 108-year drought and giving hope to tortured sports fans everywhere. EZRA SHAW/GETTY IMAGES

11 **Nov. 27, Toronto** — Ernest Jackson hung onto his OT touchdown to give the Ottawa Redblacks a 39-33 win over the Calgary Stampeders in an all-time Grey Cup upset. NATHAN DENETTE/THE CANADIAN PRESS

Reflecting on Penny's shining success

2016 THE YEAR THAT WAS...

The 16-year-old Olympian has won our hearts, is here to stay

Joe Callaghan
For Metro | Toronto

With all she's accomplished in such a short time, It can be easy to forget that Canadian athlete of the year Penny Oleksiak is still a teenager in high school. THE CANADIAN PRESS

As it has a habit of doing, social media provides some telling context for just how far Canada's athlete of the year has come.

As the curtain comes down on 2016, Penny Oleksiak is these days as prolific online as she is underwater. The face of the country's Olympics campaign in Brazil this past summer, the swimmer now has almost 90,000 followers on Instagram and 55,000 more on Twitter, where she casually tweets over and back with P.K. Subban one day and then Prime Minister Justin Trudeau the next. No big deal.

Yet rewind just a little bit and we are rapidly reminded why, in fact, the Toronto teenager's journey this past year was in fact a very big deal. Monumental. It was great enough to see her justly awarded the Lou Marsh Trophy as the nation's preeminent sportsperson earlier this month.

Oleksiak's first tweet of 2016 came in March when the then 15-year-old shared an article from Toronto Swim Club. It was headlined: 'Canadian up-and-comer @OleksiakPenny could be the fourth and final piece to the relay puzzle. #RioTrials'.

Up and comer? Oleksiak came up all right. Like no one had come up before.

While her new Twitter buddy might relay that a week is a long time in politics, in an Olympic Games, a week is a lifetime, sometimes a few of them. So it was in the Aquatics Centre in Rio de Janeiro in August that Oleksiak collected a gold, silver and bronze haul most competitors would rank as an incredible career's work — yet she racked them up in mere days.

Night after night records fell at her feet. The country's youngest ever gold medallist, she blossomed in and out of the pool.

Metro had caught up with Oleksiak in Toronto in the days prior to her departure for Brazil. Even in a relaxed one-on-one setting, she spoke so softly at times you had to strain to hear her. Yet so soon after, as she wrote one of the most unforgettable Canadian sporting tales for a generation, she never wilted, embracing the brave new world.

Nor has she shown any signs of doing so since — in spite of all the new pressures she brought back from Brazil with her. Oleksiak is a groundbreaking athlete. Yet we cannot remind ourselves often enough that she is also a 16-year-old high schooler with a whole other world of challenges in front of her. Case in point: two weeks ago she was midway through a Grade 11 law class at Toronto's Monarch Park Collegiate when she found out she had been named the country's top athlete of 2016.

Intense sporting environments are nothing new in the Oleksiak household and it's something that clearly continues to help. Soon after the Lou Marsh announcement, brother Jamie jumped on Twitter to congratulate Oleksiak, before the Dallas Stars defenceman quickly reminded her that getting her driver's licence was the next challenge.

After the year of her young life, there are few challenges that now faze Oleksiak.

"I think I really learned that I'm stronger than I think," she said on a conference call after the Lou Marsh award. "I want to say that just because, going into Rio I definitely had my doubts about myself. I think I proved to myself that I trained pretty hard last year and I was able to exceed expectations."

She can't stop exceeding them, even when the plan is to be more conservative. On home soil at the short-course world championships in Windsor, Ont. in early December Oleksiak added four more medals to her 2016 haul despite her coach Ben Titley signalling in the build-up that this competition was to be more of a learning tool as they work towards next July's world championships in Budapest.

These are heady days in the pool for Canada. Oleksiak is the poster girl, but she's far from alone. She is at the vanguard of the nation's most promising swimming generation — six of the country's 22 medals in Rio came in the pool. The scenes in Windsor, meanwhile, provided plenty of proof that this group are already inspiring the next wave, too.

For Oleksiak, the new year will bring new challenges. But after her 16th year became one for the ages, she insists she's ready for more. The up and comer is here to stay.

> **I think I proved to myself that I trained pretty hard last year and I was able to exceed expectations.**
> Penny Oleksiak

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MAKE IT TONIGHT

Hearty Chicken (or Turkey) and Rice Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you had turkey yesterday, here's a way to use up the extra. If not, pick up a rotisserie chicken on the way home and this hearty and healthy soup will be on the table in 20 minutes.

Ready in
Prep time: 5 minutes
Cook time: 20 minutes
Serving: 6 people

Ingredients
- 2 Tbsp olive oil
- 1 onion, diced
- 4 carrots, peeled and diced
- 4 celery, trimmed and diced
- 1 Tbsp fresh thyme
- 6 cups low-sodium chicken stock
- 3 cups leftover turkey or rotisserie chicken, shredded
- 1 1/2 cups frozen corn (4 cobs with the corn sliced off)
- 1/2 cup fresh dill, chopped
- 1/4 cup lemon juice
- 2 cups cooked rice
- Salt and pepper

Directions

1. Place oil in a large pot and bring to medium heat. Add onions, carrots and celery and sauté for three minutes, until the vegetables start to soften. Add the thyme and stir.

2. Pour the stock into the pot. Now add the chicken, corn, dill, lemon juice and cooked rice. Taste and add salt and pepper to taste.

3. Let cook 20 minutes before serving

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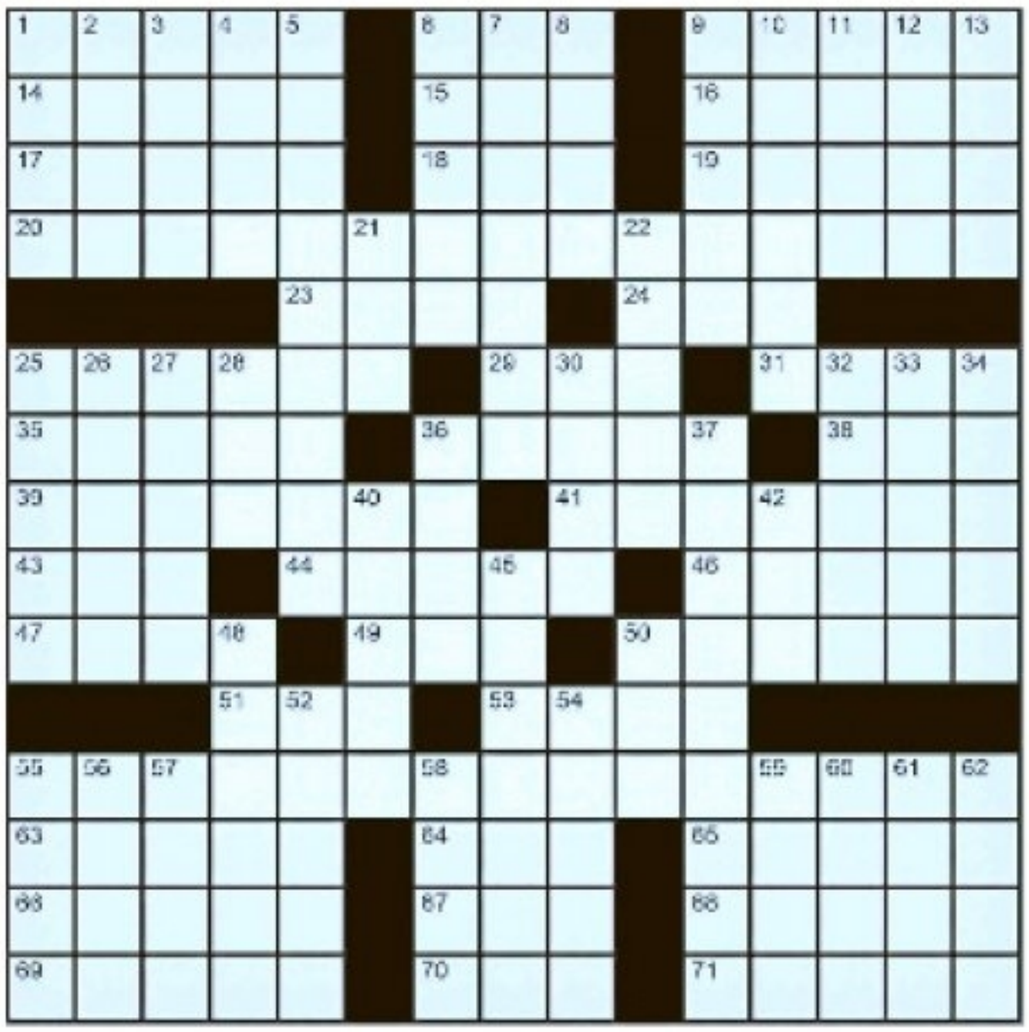
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fashion designer Mr. Jacobs, and namesakes
6. _-Beauport, Quebec
9. Messy fight
14. "Vega$" star Robert
15. Ms. Longoria
16. Flood embankment
17. Gladiator's 801
18. _ painting
19. Torpid
20. Toronto's Eaton and the West Edmonton Mall: 2 wds.
23. Agenda
24. Compete
25. Beach shoe
29. British singer Rita
31. Mr. Mineo's
35. Scottish television personality Mr. Ferguson
36. Catty, as a remark
38. "Phooey!"
39. Paper-folding art
41. Alberta town; or, British luxury car
43. Pre-Dec. month
44. Short messages
46. Fad
47. Meadow moms
49. Highway topping
50. Hot Wheels item: 2 wds.
51. Boo-_ (Sniff!)
53. Hawaiian island
55. Store tactic to draw customers, as on Boxing Day: 3 wds.
63. Enter the data
64. Fish story
65. Cornered: 2 wds.
66. Theatre's surface
67. Bird of New Zealand, once
68. First Aid Kit netting
69. "The Planets" composer Gustav
70. "State _ Main"

28. Archaeological site
30. Grill servings
32. What the insurance commercials duck says
33. Broadcaster Ms. Gibbons
34. More bashful
36. The Ramayana heroine
37. Say "You can do it."
40. Detroit aka The _ City
42. Attempt
45. Environmental deterioration
48. Half-a-cardigan garments
50. _ Guess Who
52. Band of eight
54. Onward
55. Gossip
56. Particular preposition
57. Fire _ (Type of gem)
58. Operatic soprano Ms. Gluck
59. Oliver's comedy partner
60. Border on
61. Loaf around
62. Glancer

(2000)
71. Enroll

DOWN
1. Mires
2. "_ of Triumph" (1948) starring Ingrid Bergman
3. Puerto _
4. USSR, to Russians
5. Acadian Peninsula town in New Brunswick
6. "Bleeding Love" by _ Lewis
7. "Sur le Pont d'_"
8. Math class [abbr.]
9. Russian pancake
10. Annuities, in French
11. Declare with certainty
12. "The Way We _" (1973)
13. Allows
21. _-defined
22. Dodge
25. Tea party biscuit
26. Archery weapon
27. Gullible

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Amazing surprises will come to you through friends and partners at this time. Some of you will get a surprise marriage proposal.

Taurus April 21 - May 21
Unexpected good fortune that impacts your health, as well as your job situation, surrounds you now. Many of you will land a good job that was not expected to come your way.

Gemini May 22 - June 21
A sudden opportunity for a vacation looks fabulous! Others might have surprising news regarding children, babies and romance. It's a great day to party! Some families will expand.

Cancer June 22 - July 23
Unexpected real-estate opportunities might drop in your lap at this time. If so, you will have to act fast. These chances will not come again, so do what you can to easily take advantage of them.

Leo July 24 - Aug. 23
Today is full of surprises in many respects. New faces, new places and new ideas will stir your life and encourage you to move in a new direction.

Virgo Aug. 24 - Sept. 23
Unexpected chances to boost your income are likely at this time. If this happens, be ready to act quickly, because your window of opportunity is brief.

Libra Sept. 24 - Oct. 23
Lucky Jupiter is in your sign, and today it is dancing with unpredictable Uranus. This means that sudden, unexpected good fortune will come your way. Fingers crossed.

Scorpio Oct. 24 - Nov. 22
Something happening behind the scenes might mushroom suddenly into a wonderful advantage for you. Whatever happens will make you feel pleased and happy.

Sagittarius Nov. 23 - Dec. 21
A friend or a member of a group might suddenly come forward with a wonderful suggestion that helps you in a positive way. It might change your future goals or expand your life.

Capricorn Dec. 22 - Jan. 20
At this time, you definitely have a chance to put your name up in lights. Wonderful opportunities are bubbling all around you. Expect a miracle.

Aquarius Jan. 21 - Feb. 19
Surprise opportunities to travel might materialize at this time. Others might suddenly decide to get further education or training. Great idea.

Pisces
Feb. 20 - March 20
Unexpected inheritances, gifts, goodies and favours from others can come your way at this time. Make the most of this and use this advantage wisely.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	9				4			2
1					6	5		7
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	5	9	4		1			3

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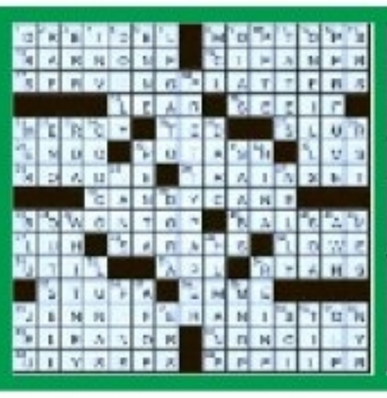

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7	1	4	9	6	2	8	3	5
3	5	9	8	7	1	2	4	6
1	6	3	7	8	5	4	9	2
5	9	2	6	4	3	1	8	7
4	8	7	1	2	9	5	6	3

TWO-DAY BOXING DAY SALE

MONDAY, DECEMBER 26 AND TUESDAY, DECEMBER 27, 2016

60% OFF
Women's coats and jackets; Men's casual outerwear; Kids' and babies' outerwear
In our outerwear departments. See below for exclusions.

50% OFF
Women's cold-weather accessories; Men's hats, gloves and scarves
40% off kids' cold-weather accessories.
See below for exclusions.

40% OFF
Men's underwear by STANFIELD'S, TOMMY HILFIGER and JOE BOXER; STANFIELD'S thermalwear

$39.99
BLACK BROWN 1826 Merino wool sweaters
Reg. $69.99
$79.99 BLACK BROWN 1826 cashmere sweaters.
Reg. $149.99
Exclusively ours

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See below for exclusions.

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Up to 40% off other KITCHENAID small appliances.

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Free item must be of equal or lesser value.

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See below for details.

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Savings for all offers are off our regular prices, unless otherwise specified. **Women's outerwear** excludes Trespass, K-Way, Helly Hansen, Fjallraven, Jack Wolfskin, Marmot, Spyder, HISO, Cinzia Rocca, Sentaler, Sorel, Soia & Kyo, Pajar, Artic Expedition, Lauren Ralph Lauren, Sicily, Michael Michael Kors, Sosken, Kate Spade New York, Cinzia Rocca Icons, 1 Madison Dept 224 and items with 99¢ price endings. **Men's casual outerwear** excludes Helly Hansen, Under Armour, Marmot, Jack Wolfskin, Fjallraven, Moose Knuckles, Soia & Kyo, Vince Camuto, Michael Michael Kors, Selected Homme, G Lab, Pajar, Psycho Bunny, Penfield, Dockers, Levi's and items with 99¢ price endings. **Kids' outerwear** excludes Polo Ralph Lauren, Bob Der Bar, Under Armour, Nike, Kombi, Deux Par Deux, Ben Sherman, Spyder and Hatley. **Women's cold-weather accessories** exclude Adrienne Landau, Burberry, COACH, Kate Spade New York, Hampton Collection Gloves, Linda Richards, Lord & Taylor Cashmere and Gloves, Marc By Marc Jacobs, Michael Michael Kors and items with 99¢ price endings. **Men's cold-weather accessories** exclude Under Armour, Adidas, Hudson North, 180s, Michael Kors, Spyder, Herschel Supply Co., John Varvatos, Pajar and Polo Ralph Lauren. **Kids' cold-weather accessories** exclude Polo Ralph Lauren, Bob Der Bar, Under Armour, Nike, Kombi, Deux Par Deux, Ben Sherman, Spyder and Hatley. **Kids' sleepwear** excludes Hatley and items with 99¢ price endings. **Boots and booties by Style&Co. and Expression:** Selection varies by store; See store for details; Not available at our Queen Street and Vancouver Downtown locations. **Luggage:** Selection varies by store, while quantities last; Excludes items with 99¢ price endings. ***See our back page for details.**

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MONDAY, DECEMBER 26 AND TUESDAY, DECEMBER 27, 2016

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RALPH LAUREN POLO GIFT SETS

$45 each $65 VALUE

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- Body spray, 170 mL

Polo set includes:
- Eau de toilette, 30 mL
- Body spray, 170 mL

Polo Blue set includes:
- Eau de toilette, 30 mL
- Body spray, 170 mL

MONDAY, DECEMBER 26, 2016 TO SUNDAY, JANUARY 1, 2017

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when you spend $50 or more on cosmetics or fragrances in store and at thebay.com:**

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